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## The NEBLINE, August 2010

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# August 2010

**444 Cherrycreek Rd., Suite A, Lincoln, NE 68528 • (402) 441-7180 • <http://lancaster.unl.edu>**

# Youth Develop Life Skills at Hands-On Clover College

Held each June, Lancaster County 4-H Clover College is four days of hands-on workshops. It follows the 4-H tradition of youth development through learning-by-doing. Youth learn hands-on skills and life skills such as communication, critical thinking, and confidence. Clover College is also an opportunity for youth to create projects to exhibit at the county fair.

Clover College started in 1996 with eight workshops. This year marks the 15th annual Clover College, which has grown to 51 workshops and 741 total class registrations! The heart of Clover College — as with 4-H — are the adult volunteers who teach and assist with the classes. Many teen 4-H'ers also volunteer as helpers. This year, nearly 70 volunteers helped make Clover College a success! Thank you to everyone involved!

More photos are online at <http://lancaster.unl.edu/4h>.

## What Kids Say About Clover College

**Ellen (13 years old)** — “It gives you more skills that you might not learn at home or a club activity. I like that you learn things that you can take to the fair and that you can use in everyday life. I just learned how to make rolls and other breads and how to shape them, so I got good practice and I’m going to make some for my family. I liked Floral Fun a whole lot — it was really great. I wouldn’t be able to find that anywhere else.”

**Joshua (12 years old)** —“I look forward to coming here every year and participating in the events and making things to enter at the fair. My favorite class has probably been Rocketry where we build and launch off rockets. I learn all sorts of things. I built my first rocket and I made different projects using recycling objects. It’s just a great learning experience.”

**Sheridan (12 years old)** — “It’s like the second best week of the whole year. The first best is obviously Christmas and my birthday — Clover College is second best. I learned how to make a hooded towel. I’m going to enter some baking at the county fair. I learned how to make a tea ring and if I use too much flour and it gets too stiff, then the dough isn’t any good. Honestly, all of the classes are my favorite!”

**Adam (9 years old)** — “I love Clover College because it has so many fun classes, and you learn a lot and you just have fun. I learned for rockets you have to put wadding in it or the motor will blow off the nose cone too early and then it will blow up. My favorite class was the Fishing Fun because I love to fish.”

**Lily (8 years old)** — “I like it because you can learn about a lot of different things and I think they’re really fun. In Animal Adventures, I’ve learned about the different things that you can make from animal skins. And that goats, sheep, and cows all produce milk. My favorite class is probably Archery. I’ve always wanted to learn to use a bow and arrow, and I thought it was really fun.”

## What Instructors Say

**James Walla (taught four-day Clover Chess Tourney) —**  
 “Clover College is a unique, rewarding opportunity for both instructors and children. The classes encourage exploration, specialization, and cooperation. Teaching Clover College is one of the most wonderful things I do. My only regret is that one week is not nearly enough!”

**Jen Smith (taught Fantastic First Aid and Frosting Fun)**  
—“As an instructor, my goal is to give kids a chance to be immersed in a FUN, creative, and hands-on learning workshop in which they gain skills for life. It amazes me the types of questions that are asked throughout class and the imagination of the kids. I guess I just love watching them learn!”



# Clover Kids Day Camp



## Savvy Showmanship



# Canning 101



## Archery



## Rockets



## Recycled Treasures



# Insect Collecting

Non-Profit Organization  
U.S. Postage Paid  
Permit No. 537  
Lincoln, Nebraska

CHANGE SERVICE REQUESTED

Lancaster County 4-H Council  
University of Nebraska-Lincoln  
Extension in Lancaster County  
444 Cherrycreek Road, Suite A  
Lincoln, Nebraska 68528-1507

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2010

# SUPER FAIR

# LANCASTER COUNTY

## AUGUST 5-14

**See Special Section for  
Schedule & Map**



## New Division Fence Law Enacted by Unicameral This Session

The 2010 Unicameral revised Nebraska's division fence statutes. Dr. David Aiken, University of Nebraska–Lincoln Agricultural Economics Department professor and extension water law specialist, explained the changes made to Nebraska's division fence statutes by LB (Legislative Bill) 667 in a recent *Cornhusker Economics* newsletter. The primary change is cost of a wire division fence is split 50-50 in all cases, except where the neighbors have agreed to a different division of the fence cost.

The long-standing fence viewer process was repealed altogether in 2007, when it was replaced by a litigation process where the parties went to court or mediation if they could not agree on the fencing issue. This process was not changed by LB667. Under LB667, the costs of constructing and maintaining a division fence are divided 50-50, even if only one landowner owns livestock.

If a landowner wants to build a division fence or repair an existing fence, he must give written notice to the neighbor. If the neighbor does not agree, the landowner files a suit in County Court. If the parties agree to mediation, the judge may order it. Otherwise, it goes to trial.

LB667 does specify that a barbed-wire fence is the default division fence unless both landowners agree to a different type of fence.

For the complete *Cornhusker Economics* article, go to <http://www.agecon.unl.edu/Cornhuskereconomics/6-2-10.pdf>

# Deadline Approaches to Terminate Verbal Farm Leases

Generally, the turnover rate for rental land is very small in Nebraska, averaging about eight percent. On average, leases on agricultural land run for 15 years. This reflects the high level of communication between landowners and tenants and the high regard most landowners have for the ability of their tenant to produce top yields while being a careful steward of the land. Usually changes occur because of producer downsizing or expanding. Only in a few cases does a landlord terminate a lease because of poor management practices.

Under Nebraska law, oral (unwritten) leases are legally presumed to be year-to-year leases. A year-to-year lease has no fixed time period and is automatically renewed for another year until proper notice has been given to the tenant by the landowner (or vice versa) the lease is terminated.

Written leases are in effect only for the period specified in the lease itself, which may be one year, five years, etc. For written leases, no notice is required from the landlord to the tenant the lease will not be renewed unless the lease specifically states notice of termination is required. Unless it contains a renewal clause, the lease automatically terminates at the end of the lease period. The tenant generally has no right to have a written lease renewed unless the lease contains a renewal clause.

If a tenant "holds over" by not leaving after a written lease has ended, the tenant is legally considered to be a trespasser whom the landlord may remove by going to court. If the landowner does not remove the tenant, however, a year-to-year lease is automatically established by implication. If a holdover tenant begins to work and incurs expenses for the next year's crop, the courts generally have ruled the landowner has agreed by implication to the tenant's holding over.

The most common legal issue associated with verbal farm leases is how a lease may legally be terminated. For year-to-year leases and holdover leases, six months advance notice must be given to legally terminate the lease. However, the lease date (the date from which the six months is counted) is different.

**Oral year-to-year lease termination.** For year-to-year leases, the Nebraska Supreme Court has ruled the lease year begins on March 1. Notice to a tenant to vacate under an oral year-to-year lease (legally referred to as a "notice to quit") must be given six months in advance of the end of the lease, or no later than August 31.

**Holdover lease termination.** On holdover leases, the lease date is established by when the lease began in the original written lease rather than automatically being March 1. If the

original written lease began Jan. 1, the notice to quit from the landlord to the holdover tenant would have to be given at least six months in advance of the end of the lease, or no later than June 30.

To make a lease termination process go smoothly, follow these tips:

- Usually a tenant will know about the termination of a rental contract before the deadline, but notification still needs to be done formally and legally. The landlord needs to prove he or she has sent the tenant a notice of termination. This notice should be a registered letter written by an attorney. Be sure the notice arrives by Aug. 31 and have proof that it was sent.
- An attorney should be involved in all stages of the termination process. It's easy to make a mistake, and something done wrong, won't stand up in court if a disagreement occurs.
- A tenant should never let a rental agreement reach termination due to poor management practices. Keep the line of communication open and visit with the landlord regularly.
- If the tenant disagrees with the termination, he or she should visit with the landlord to see what can be done or for the reason for the termination.

Source: Dr. David Aiken, UNL Water Law Specialist

# Plant Alfalfa in August

Alfalfa can produce more protein per acre than any other crop in Nebraska. Up to 100 percent of the protein needs of most livestock can be supplied by alfalfa, in addition to large amounts of vitamins, minerals, and energy.

Besides being an excellent livestock feed, alfalfa improves the soil by adding nitrogen and organic matter, increasing water infiltration, improving soil structure, and providing excellent erosion control. All these attributes make alfalfa a highly desirable crop for many farms and ranches.

Follow proper seeding techniques when establishing alfalfa stands. Poor seeding management will decrease chances of developing a productive alfalfa stand. High yields of good quality forage can result only from well-established, properly-managed, productive stands of alfalfa.

Select a suitable soil. Alfalfa thrives on deep, well-drained loam, silt loam, or clay loam soils with a pH between 6.2 and 7.5. Sandy soils can produce excellent alfalfa yields when properly fertilized and irrigated. Avoid poorly-drained soils or those with high water tables because alfalfa will not survive under permanently wet conditions. Alfalfa is also poorly suited for saline or shallow soils.

Alfalfa can be seeded either in spring or fall in eastern Nebraska. Whether it is best to plant alfalfa in the spring or fall depends on two factors, predominant weed species and soil moisture. If the predominant weed species are summer annuals such as foxtail and pigweed, it may be best to plant alfalfa in the fall — provided the soil profile has adequate moisture for growth. This allows the alfalfa to get established with less weed

competition and since it greens up in early spring, it will get a head start on the annual weeds next year that must come from seed when the soil temperature is right for germination.

If the predominant weed species are winter annuals such as pennycress or downy brome, spring planting may be best. The weeds can be killed with

tillage or herbicides in early spring and then the alfalfa planted into a clean seed bed. Pennycress, downy brome, and other winter annual weeds are more dominant in former wheat ground since they have the same growth habit as winter wheat.

The best time for fall seeding alfalfa in eastern Nebraska is during the month of August, provided adequate soil moisture is available. Farmers sometimes wait until middle or late September to plant alfalfa. This is most often too late because the plants do not have a chance to become established before the first killing frost. The latest alfalfa should be seeded in the fall is Sept. 10 in Lancaster County. If planting cannot be completed by that time, it is best to wait for another season.

Alfalfa seed needs to be planted 1/4–1/2-inch deep in fine textured soils and 3/4-inch deep in sandy soils for best germination. Regardless of seeding time, it is critical alfalfa be planted into a firm seed bed. Alfalfa seeds must have close contact with soil particles and soil moisture to insure rapid emergence. A firm seedbed also helps prevent seed from



Alfalfa plants in bloom

Howard F. Schwartz, Colorado State University, Bugwood.org

being planted too deep. Leave just enough loose soil to cover seed after planting.

Dr. Bruce Anderson, extension forage specialist, says if you can't bounce a basketball on the seedbed prior to planting alfalfa, the seed bed is too loose. Don't have a basketball? Walk across the seedbed with hard soled shoes, if your heel sinks in more than 1/2-inch, it is too loose. A good rain after

tillage will firm the seedbed. Harrowing with the spikes set flat or rolling with a packer will firm seedbeds provided there is some moisture in the soil.

When seeding alfalfa, you need to remember your only chance to make a rough field smooth enough to drive over with tractors, swathers, or pickups is prior to seeding. Complete tillage (disking) to smooth the surface following row crops is alright if the soil is firmed up by either rain, sprinkler irrigation, or packer-seeders. If the untilled soil surface is already smooth, no-till drills have been very successful. In fact, no-till seeding of alfalfa following small grain crops has become the trend among successful alfalfa producers.

Incorporate lime (when needed) into the soil prior to seeding. If more than 2 tons of lime per acre are required, incorporate lime at least 6 months before seeding.

Most soils in Nebraska need phosphorus to produce top yields of alfalfa. It can be broadcast and incorporated into the soil prior to seeding, or can be

band applied with the seed by the drill at planting. Band application at seeding is often more effective than broadcast because it places readily-available phosphorus near the roots of new alfalfa seedlings.

Alfalfa production on sandy soils often benefits from other nutrients, especially sulfur. Sulfur is most often needed where soil organic matter is less than one percent and irrigation water (if used) is low in sulfur. Boron may improve yields on some sandy soils. Alfalfa also uses many other mineral elements, such as zinc, copper, iron, and magnesium. However, most Nebraska soils supply adequate amounts of these minerals. No yield increase has ever occurred from adding these minor elements in Nebraska research studies.

Nitrogen fertilizer is generally not beneficial when applied to alfalfa. However, 10–15 pounds of nitrogen/acre applied at planting time often improves establishment on sandy soils.

Productive alfalfa will use more than 250 pounds of nitrogen per acre per year. If the alfalfa is inoculated and the soil pH is correct, nodules will form on the roots and fix all the nitrogen required by the crop. Be sure to inoculate the alfalfa seed or buy pre-inoculated seed, especially if alfalfa has not been grown on the field in the past three years. If the seed came pre-inoculated, don't leave the bags in the back of the pickup for long periods where the sun will heat them as this can kill some of the bacterial spores and may reduce the number of active root nodules.

Source: Seeding and Renovating Alfalfa, Author Dr. Bruce Anderson, UNL Extension Forages Specialist



# Stable Flies Plague People, Pets, and Livestock

Barb Ogg  
UNL Extension Educator

The stable fly is a nuisance fly which inflicts painful bites to feed on blood. It can be found in rural, urban, and suburban areas wherever breeding sites are found. With all the rain this year, moist breeding sites in both rural and urban areas are abundant.

Stable flies look superficially like house flies, but with an important difference ... they have a bayonet-like mouthpart used to suck blood. They bite and are also popularly referred to as “biting house flies” and “dog flies.” Stable flies can be a serious problem for dogs kenneled outdoors.

Because of its name, many people probably think the best place to find a stable fly is in a stable, but they are hardly ever found there. In rural areas, eggs are deposited in wet, organic materials such as straw, litter, manure mixed with straw or other bedding, soggy hay, waste silage or feed in feedlots. In urban areas, stable flies will breed in wet piles of grass clippings, vegetable or fruit matter, or compost heaps. Many experts believe the biggest source of stable flies in municipalities is dog feces.



Stable flies have stilleto-shaped mouthparts.



Comparison of Stable Fly (left) and House Fly (right).

Eggs hatch in one to three days into tiny maggots which begin to feed. The last stage maggots often crawl away from the breeding site and pupate in the soil. Pupae are chestnut brown and have a seed-like appearance.

Total development from egg to adult fly takes three to four weeks, depending on temperature.

Unlike mosquitoes, both male and female stable flies bite. Stable flies are active during the daytime. They bite standing animals, including people, on the legs and ankles. They bite resting dogs on the ears. Stable flies need two to five minutes to complete a blood meal, which is often interrupted. They may “bite” several times to obtain the blood needed.

## Control

### Eliminate breeding sites:

- It seems too simple, but scattering breeding material regularly to dry it out is the most effective method of control. This will deny the fly maggots a moist breeding site.

- Turn piles of compost to encourage rapid decomposition.
- Do not dump lawn clippings in piles after mowing.
- Clean up after pets, remove pet waste twice a week to prevent fly development. Put feces in plastic bags and in the trash.

**Chemicals:** The use of pesticides is usually *not* the best means of managing filth fly, but there are situations where it may be helpful.

- Residual insecticides can be applied to outdoor surfaces where flies rest, such as the outside surfaces of barns, stables, doghouses, and fences. Note: stable flies are most attracted to surfaces painted white.
- Advantix® (Bayer HealthCare), is a product tested on dogs against stable flies. After about four weeks of use, it has been shown to repel stable flies. This product also protects dogs against mosquitoes, ticks, and fleas.
- People may be able to get some repellency against stable flies by using repellents containing DEET and picaridin. Spray lower legs where stable flies are likely to feed. You may need to use products with higher percentages of active ingredients.

**Other suggestions:** Wear long pants and socks will help prevent stable fly bites. Dave Keith, former UNL extension entomologist, suggested when you wear shorts you should wear dark colored socks (rather than white ones).

# Mothballs are Pesticides — Use Safely

Barb Ogg  
UNL Extension Educator

Mothballs and moth crystals are used to prevent damage to clothing from carpet beetles and clothes moths. These products contain either naphthalene or paradichlorobenzene (PDB).

At room temperature, these active ingredients are mild fumigants, which means they produce a gas which may be somewhat toxic to fabric pests.

Of the two, PDB is more toxic to insects, but PDB can also damage plastics, including plastic storage boxes and plastic buttons. The damage can occur from direct contact or from vapors. Naphthalene does not damage plastics, but will corrode metal. In moist conditions, naphthalene may also discolor fabrics. Information on the label will provide precautions and proper usage of the product.

Mothballs and crystals are considered to be pesticides. As pesticidal products, they have an EPA registration number and must be used according to the directions on the label. Use restrictions on the

- product label include:
- Only use to control clothes moths and carpet beetles.
  - Only use in clean, tight-fitting containers.
  - Do not use in containers that allow vapors to escape into occupied rooms.

For some inexplicable reason, some unthinking people believe moth balls and crystals will repel other animals. Mothballs cannot be used:

- in attics to get rid of bats, squirrels, raccoons, and other animals,
- in perennial beds and gardens to prevent rabbit feeding,
- in yards or basements to get rid of snakes.

Mothballs will not be effective for these off-label uses. It is also a violation of Federal Law to use this product in a manner inconsistent with its labeling.

The Nebraska Department of Agriculture Pesticide Program regulates pesticide applications, including the inappropriate use of mothballs. At least one Lincolnite was observed recently picking up mothballs he had earlier spread to get rid of snakes in his yard.

# Wildlife Resources Available from UNL

University of Nebraska—Lincoln Extension has new and updated publications to help you resolve wildlife problems. These publications can be picked up at the extension office or can be found on the Web at <http://lancaster.unl.edu/pest/>.

## Urban Pest Birds: Controlling Damage

This new publication focuses the characteristics, habits, and management of house sparrows, starlings, and pigeons. These three birds are invasive, non-native species in Nebraska. They are not covered by the Federal Migratory Bird Treaty Act of 1918. This means you are free to control these three bird species using methods described in this publication.

Before starting any type of control, make sure you correctly identify the birds. Photos are included in this publication to help you identify the birds:

Invasive **House Sparrows** can be easily confused with native species of sparrows. Native Nebraska sparrows are beneficial and are protected species. These include chipping sparrow, grasshopper sparrow, song sparrow, and more.

**Pigeons** are different than mourning doves. Both are found in urban and rural areas. Mourning doves are native to Nebraska and are a beneficial bird.



House Sparrow, male



Pigeon



Starling with a piece of popcorn

These doves are also a popular game bird in Nebraska.

**Starlings** can be easily confused with native black birds found in Nebraska including

red-winged black bird, yellow-headed black bird.

Remember, only the house sparrow, pigeons, starlings are not protected. All other species are protected and considered beneficial. Refer to the publication for help with identification or contact your local extension office. A local pest control professional can also help you with problem birds.

## Feral Cats and Their Management

Feral cats are domestic cats gone wild. These cats cause significant losses to populations of beneficial native birds, small mammals, reptiles, and amphibians. They can transmit several diseases including rabies and toxoplasmosis, and become general nuisances in both rural and urban settings. This new NebGuide describes how you can use an integrated pest management (IMP) approach to help control feral cat populations.

## Managing Rabbit Damage

This recently updated UNL resource describes how to identify rabbit damage and recommends proper methods of control, such as fencing, habitat modification, repellents, trapping, and shooting to reduce damage to tolerable levels.

# Household Hazardous Waste Collections

These collections are for households only; not for businesses. Only residents of Lincoln and Lancaster County can bring items to collections.

**SOME ITEMS YOU CAN BRING FOR DISPOSAL:** Thermometers, thermostats containing mercury, solvents, oil-based paint, paint thinner, stripper and stain, old gasoline, transmission fluid, pesticides, (even banned products like DDT), items containing PCB's (ballasts from fluorescent fixtures and capacitors from old appliances). These collections are a good place to dispose of compact fluorescent light bulbs (CFL's), which contain mercury.

DO NOT bring asbestos, tires, batteries, used oil, antifreeze, medicines, fertilizers, explosives and ammunition.

For more information, call the Lincoln-Lancaster County Health Department at (402) 441-8040.

**Friday, Aug. 27 • 9 a.m.–3 p.m.**  
By appointment only, call 441-8084

**Saturday, Aug. 28 • 9 a.m.–1 p.m.**  
Veyance Tech, 4021 North 56 Street

**Saturday, Sept. 18 • 9 a.m.–1 p.m.**  
Lincoln Industries, 600 West E Street

**Friday, Oct. 22 • 9 a.m.–3 p.m.**  
By appointment only, call 441-8084

**Saturday, Oct. 23 • 9 a.m.–1 p.m.**  
Woods Park (31 & J Streets)

## Usable Latex Paint Exchanges

Three usable latex paint exchanges will be held at the EcoStores Nebraska at 530 West P Street, Lincoln. Paint is free and anyone is welcome to come and take paint! Only full or nearly full cans of good, usable latex paint will be accepted.

**Saturday, Sept. 18 • 9 a.m.–2 p.m.**  
**Saturday, Nov. 13 • 9 a.m.–2 p.m.**





Alice Henneman, MS, RD, UNL Extension Educator

Here's an easy, healthy dish featuring fresh summer tomatoes and basil. Add extra fiber by making it with whole grain rice.

Pesto Rice

Makes 6 servings

- 1/4 cup chopped basil
- 2 tablespoons chopped walnuts
- 1 tablespoon olive oil
- 1 garlic clove
- 2 teaspoons Parmesan cheese
- 1 teaspoon lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 cup chopped tomato
- 3 cups cooked rice



Combine basil, walnuts, oil, garlic, cheese, lemon juice, salt, and pepper in blender. Blend until smooth. Combine pesto with tomato and rice; chill.

Tip: To reduce preparation time, substitute 1/3 cup prepared pesto sauce.

Nutrition Facts: Calories, 128; Total Fat, 4 g; Sodium, 210 mg; Total Carbohydrate, 20 g; Dietary Fiber, 1 g; Protein, 2 g.

Recipe courtesy of USA Rice Federation – www.usarice.com

Stretch Your Food Dollar With Eggs



Mary Abbott, RD  
UNL Extension Associate

Eggs can be part of a healthy diet for everyone. They are an inexpensive source of protein that is easy to digest. An egg contains many nutrients essential for good health.

Yolks contain important nutrients which slow age-related vision degeneration, help nerves carry messages, reduce birth defects, and lower inflammation in body tissues. Our bodies use iron and zinc from eggs to carry oxygen to tissues and assist in wound healing. B vitamins contained in eggs help convert the food we eat into energy.

Protein is an important building block of body tissues. It also helps satisfy our appetite and can aid in maintaining or achieving a healthy weight. Eggs contain high-quality protein which is easy for the body to use. They are one of the lowest cost ways to get protein in the diet (see chart above right).

Protein sources and cost for 20 grams of protein (3 ounce equivalent)\*:

Eggs	\$0.29
Dry beans, cooked	\$0.32
Dry beans, canned	\$0.38
Ground beef	\$0.71
Beef pot roast	\$0.85
Chicken	\$0.92
Pork	\$0.94
Beef stew meat	\$0.95

\*cost averaged from three different grocery stores in Lincoln, NE on 5/25/10.

Foods must be handled properly to prevent foodborne illness. Keep eggs refrigerated to make sure they are safe to eat. Use them within 3–4 weeks after purchase. It is best to store them in their original carton and keep them in the coldest part of the refrigerator. Throw away eggs that are cracked or leaking. Eggs should be cooked until they are firm.

Enjoy preparing the following recipe which has 16 grams of protein and costs about 80 cents per serving.

Saucy Linguine Scramble

Makes four 1-1/2 cup servings.

- 3 cups cooked linguine or spaghetti pasta, hot (about 4 ounces dry)
- 6 eggs
- 1/4 cup milk
- 1/4 cup taco sauce
- 1/4 cup grated Parmesan cheese
- 1 tablespoon finely chopped sun-dried tomatoes (optional)
- 1 teaspoon dried basil leaves
- 1/8 teaspoon pepper
- 2 small tomatoes, chopped
- 1 small zucchini, quartered, and sliced
- 1/4 cup sliced, pitted ripe olives

Cook pasta according to package directions, and drain. While pasta is cooking, beat eggs, milk, taco sauce, cheese, dried tomatoes (if desired), basil, and pepper in a medium bowl until blended. Put drained pasta in large nonstick skillet and add egg mixture. Mix well. Cook over medium heat, tossing gently, until eggs begin to thicken, about 10 minutes. Add tomatoes, zucchini, and olives. Continue cooking until eggs are thickened but still moist, about 3 minutes.

Recipe obtained from www.incredibleegg.org

How to Wash Fresh Produce

Fruits and vegetables are an important part of a healthy diet. Your local grocery stores and farmers markets carry an amazing variety of fresh fruits and vegetables that are both nutritious and delicious.

As you enjoy fresh produce, it's important to handle these products safely in order to reduce the risks of foodborne illness. Follow these directions from the U.S. Food and Drug Administration washing fresh produce.

When preparing any fresh produce, begin with clean hands. Wash your hands for 20 seconds with warm water and soap before and after preparation.

- **Cut away any damaged or bruised areas** on fresh fruits and vegetables before preparing and/or eating. Produce that looks rotten, should be discarded.
- All produce should be **thoroughly washed before eating**. This includes produce grown conventionally or organically at home, or produce purchased from a grocery store or farmer's market. Wash fruits and vegetables under running water just before eating, cutting, or cooking.
- **Even if you plan to peel** the produce before eating, it is still important to wash it first.
- Washing fruits and vegetables with **soap or detergent** or using commercial produce washes **is not recommended**.



- **Scrub firm produce**, such as melons and cucumbers, with a clean produce brush.
- **Drying produce** with a clean cloth towel or paper towel may further reduce bacteria that may be present.

What About Pre-washed Produce?

- Many pre-cut, bagged, or packaged produce items like lettuce are pre-washed and ready to eat. If the package indicates the contents have been pre-washed and ready to eat, you can use the product without further washing.
- If you do choose to wash a product marked "pre-washed," and "ready-to-eat," be sure to use safe handling practices to avoid any cross-contamination. Wash your hands for 20 seconds with warm water and soap before and after handling the product and wash the produce under running water just before preparing or eating.

Source: FDA. <http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm114299> (accessed July 1, 2010).

Weighing the Evidence in Diet Ads

Flip through a magazine, scan a newspaper, or channel surf and you see them everywhere: Ads promising quick and easy weight loss without diet or exercise. Wouldn't it be nice if — as the ads claim — you could lose weight simply by taking a pill, wearing a patch, or rubbing a cream? Too bad claims like that are almost always false.

Doctors, dieticians, and other experts agree the best way to lose weight is to eat fewer calories and increase your physical activity so you burn more energy. A reasonable goal is to lose about a pound a week. For most people, that means cutting about 500 calories a day from your diet, eating a variety of nutritious foods, and exercising regularly.

When it comes to evaluating claims for weight loss products, the Federal Trade Commission (FTC) recommends a healthy portion of skepticism. Before you spend money on products promising fast and easy results, weigh the claims carefully. Think twice before wasting your money on products that make any of these false claims:

**"Lose weight without diet or exercise!"**

Achieving a healthy weight takes work. Take a pass on any product promising miraculous results without the effort.



Buy one and the only thing you'll lose is money.

**"Lose weight no matter how much you eat of your favorite foods!"**

Beware of any product claiming you can eat all you want of high-calorie foods and still lose weight. Losing weight requires sensible food choices. Filling up on healthy vegetables and fruits can make it easier to say no to fattening sweets and snacks.

**"Lose weight permanently! Never diet again!"**

Even if you're successful in taking the weight off, permanent weight loss requires permanent lifestyle changes. Don't trust any product promising once-and-for-all results without ongoing maintenance.

**"Block the absorption of fat, carbs, or calories!"**

Doctors, dieticians, and other experts agree there's simply no magic non-prescription pill that will allow you to

block the absorption of fat, carbs, or calories. The key to curbing your craving for those "downfall foods" is portion control. Limit yourself to a smaller serving or a slimmer slice.

**"Lose 30 pounds in 30 days!"**

Losing weight at the rate of a pound or two a week is the most effective way to take it off and keep it off. At best, products promising lightning-fast weight loss are false. At worst, they can ruin your health.

**"Everybody will lose weight!"**

Your habits and health concerns are unique. There is simply no one-size-fits-all product guaranteed to work for everyone. Team up with your health care provider to design a personalized nutrition and exercise program suited to your lifestyle and metabolism.

**"Lose weight with our miracle diet patch or cream!"**

You've seen the ads for diet patches or creams claiming to melt away the pounds. Don't believe them. There's nothing you can wear or apply to your skin that will cause you to lose weight.

Source: Federal Trade Commission. For more information, visit the FTC's Web site at [www.ftc.gov/bcp/edu/pubs/consumer/health/hea03.shtm](http://www.ftc.gov/bcp/edu/pubs/consumer/health/hea03.shtm)



## FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

### President's View — Irene's Items

**Irene Colborn**  
FCE Council Chair

George Gershwin's song—"Summertime, an the livin is easy, etc." I don't know about that, but the summer is going pretty fast. Even though I am alone, I still freeze fruits and vegetables when available, and I do can tomatoes. I don't like



canned tomatoes from the store. I hope you have planned trips with your family. I went to California in May and we had a family picnic in June here

in Lincoln. So my next trip will probably be the State FCE Convention in September at Grand

Island. I hope many of you will make plans to attend. I understand the registration information will be coming out in late July.

I want to thank many of you who attended the Sizzling Summer Sampler. I appreciate the support you have afforded to make the scholarship available again.



## FCE News & Events

### Leader Training, Sept. 28

The FCE and Community Leader Training Lesson **"Purchasing 'Green' — What Does It Really Mean"** will be held Tuesday, Sept. 28, 1 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln.

Extension Educator, Lorene Bartos will present the lesson. This lesson will help consumers learn about the concept of purchasing 'green' to save energy and resources. Participants will learn how to determine if products are indeed green or just part of the hype and if switching to green products is a smart way to protect the environment.

If you are not an FCE member and would like to attend, call Pam at 441-7180, so informational packets can be prepared.

### Council Meeting, Sept. 27

The next FCE Council meeting will be Monday, Sept. 27, 1 p.m. at the Lancaster Extension Education Center. The business meeting will include election of officers and State Convention Reports. Program details will be in the next issue of NEBLINE. All FCE members are invited to attend.

### 2010 State Convention

The 2010 State FCE Convention will be held in Grand Island, Sept. 17–19. Details will be sent out the end of July. FCE members are encouraged to attend as Lancaster County will be hosting the 2011 State Convention in Lincoln.

### Re-organizational Packets

Presidents of FCE clubs can pick up their packets to reorganize for 2011 the last week of August. There are October deadlines within the packet. If you have questions, call Lorene or Pam at 441-7180.



## Sizzling Summer Sampler

The Family & Community Education (FCE) Sizzling Summer Sampler held on July 8 was a success with 125 FCE members and friends in attendance.



Lona Thompson (right) demonstrated "Scarves Tied Simply."



James Arthur Jeffers from James Arthur Vineyard discussed the family business.



Stacy Boden of Firth (right) received this year's FCE scholarship. She is working on her Bachelor of Science in Nursing at the BryanLGH College of Health Sciences in Lincoln. This scholarship will help her achieve her dreams of being a registered nurse. Lorena Maxon (left) is chair of this year's FCE Education and Scholarship committee.

Nineteen baskets were raffled off, raising \$475 for the FCE Scholarship Fund.



Lorene Bartos, UNL Extension Educator

### Clothes Dryer Tips

For faster drying and energy savings when drying clothes, be sure to clean the lint filter after each load. Dry only one washer load at a time. Overloading increases drying time and causes uneven drying and wrinkling. When drying only one or two items, add a few similar clean, dry items to balance the load and allow for proper tumbling. Dry hard-to-dry items separate from lightweight items. Mixing the two garment weights will overdry faster-drying garments because the dryer will continue until the moisture is gone from the heaviest items.

## Focus on the Positives of Family Members to Solve Problems

Focusing on the positive qualities of family members and encouraging them to succeed can help build stronger relationships.

Instead of focusing on negative qualities, family members should try to think positive thoughts about one another. Otherwise, family members could get stuck on a path of negative thought leading them to think worse and worse of their counterparts. When people begin to think negatively, they see everything in a negative light and problems remain unfixed.

For example, when children receive bad test grades, it is very easy for angry parents to confront their children and begin to think even worse things, such as, "My children do bad in school because they are lazy and do not work. They have such bad table manners, too." These negative thoughts come across in attitude and tone of voice, and the children may also begin to think negative thoughts, which lowers self-esteem and prevents improvements.

Family members may have good intentions when

they confront each other, but people often shut down when approached in a negative way. The issue then remains unsolved because family members cannot communicate.

Whenever thinking negative thoughts about family members, try to focus on their positive qualities. For example, maybe children do poorly on tests, but they always are on time and ready. Once these positive qualities are found, tell them to family members. Compliments help build self-esteem and are important in creating any positive relationship.

Thinking positively comes across in tone of voice and attitude, which makes family members more open to conversation. Once this positive environment is established, offer to help family members with problems.

Negativity will cause more problems than it fixes. Positively approaching issues and working on them together helps build any relationship, whether it's between parent and child or boyfriend and girlfriend.

Source: Gail Brand, Extension Educator.

## Living Well — More Than a Cookbook

Members of the National Extension Association of Family and Consumer Sciences (NEAFCS) have developed and illustrated a book containing delicious, time-tested recipes from across the nation. Also included is a "Recipes for Living" chapter containing research-based information on:

- Healthy Lifestyles
- Living Green
- Home Safety
- Financial Management
- Care of Textiles
- Etiquette

*Living Well — More Than a Cookbook* features a designated recipe page for each affiliate with a sidebar describing the significance

of the recipe to the state. You will discover a delicious world of adventure in food with over 275 recipes.

*Living Well — More Than a Cookbook* will sell for \$29.95. Consumers may buy the book from their local extension offices for \$25 including tax. Proceeds from the book sales will be divided between NEAFCS and State Affiliates.

For more information, visit the NEAFCS Web site, at [www.neafcs.org](http://www.neafcs.org). To order a cookbook locally, contact Lorene at 441-7180.





# Running Out of Time for Bagworm Control

Mary Jane Frogge  
UNL Extension Associate

Bagworms have been feeding on landscape plant material for several weeks now. If you have an infestation, the bags and damage should be very noticeable at this time.

Insecticide applications applied now in late summer when bagworms are larger, will be less effective in controlling them. Bifenthrin will work in early August. Use the higher dosage rate. Bifenthrin is also an irritant. It causes bagworms to move around, exposing them further to the insecticide.

By mid-to late-August, chemical control is no longer effective, since most bagworms will have stopped feeding and pupated in their bags.



Bagworm shown approximate size.

**FOR MORE INFORMATION**  
A YouTube video is online at <http://lanaster.unl.edu/hort/bagworms.shtml> and a color brochure is available on the web site and at the extension office.

# August Blooming Perennial Flowers

Are most of your early summer perennial flowers done blooming for the year? Wouldn't it be nice to have a selection of perennials that bloomed late in the summer? There are many attractive August blooming perennials available, and many bloom up until frost. Maybe next year you can add a selection of late summer blooming perennials to your flower garden.

—Mary Jane Frogge, Extension Associate

COMMON NAME	COLOR	HEIGHT
Black Eyed Susan	Yellow	2–3 ft.
Lavender Cotton	Yellow	1 ft.
Goldenrod	Yellow	3 ft.
Meadow Rue	Lavender	3–5 ft.
Obedient Plant	Pink	2–4 ft.
Asters	Pink, red, purple	3–4 ft.
Sedum	Pink, red, white	2–3 ft.
Turtlehead	Pink	3 ft.
Helenium	Yellow	3 ft.
Hosta	Lavender	1–3 ft.
Red Hot Poker	Red/Yellow	3 ft.
Gayfeather	Rose, purple	1–2 ft.



Black Eyed Susan



Lavender Cotton



Goldenrod



Meadow Rue



Obedient Plant



Alpine Aster



Tall sedum



Turtlehead



Hosta



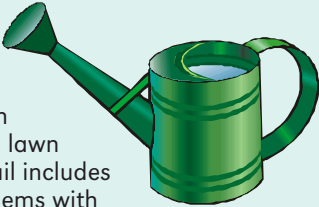
Red Hot Poker



Gayfeather

## Sign Up for Free E-mail Horticulture Newsletter

HortUpdate is a FREE e-mail newsletter from the University of Nebraska–Lincoln Extension which provides timely information to the lawn and landscape industry. This e-mail includes current lawn and landscape problems with control recommendations and a seasonal 'To Do' list. To subscribe, go to <http://extensionhorticulture.unl.edu>.



## Garden Guide THINGS TO DO THIS MONTH By Mary Jane Frogge, UNL Extension Associate

- Every weed that produces seed means more trouble next year. Control weeds before they go to seed.
- Remove old vegetable plants which have stopped producing to eliminate a shelter for insects and disease organisms.
- Check deciduous trees for fall webworm. Use a broom or rake to get them out of small trees.
- Check on water needs of hanging baskets daily in the summer. Wind and sun dry them much more quickly than other containers.
- Hand-pick bagworms from your evergreen and deciduous trees.
- Clean up fallen rose and peony leaves. They can harbor disease and insect pests over the winter if allowed to remain on the ground.
- Mound soil over the lateral or brace roots of corn stalks for extra support against strong winds.
- Pick summer squash and zucchini every day or two to keep the plants producing.
- Water the garden early in the day so plants can absorb the moisture before the hot sun dries the soil. Early watering also insures the foliage dries before night. Wet foliage at night increases susceptibility to fungus diseases.
- Many herbs self-sow if the flowers are not removed. Dill produce seeds that fall around the parent plant and come up as volunteers the following spring.
- To reduce the number of pests on your fruit tree for the coming year, pick up and destroy all fallen fruit.
- Bt (*Bacillus thuringiensis*) is used by many gardeners to protect cole crops from chewing caterpillars.
- White flies are attracted to yellow, so use yellow sticky boards to reduce their populations.
- Do not add weeds with mature seed heads to the compost pile. Many weed seeds can remain viable and germinate next year when the compost is used.



# SUPER FAIR

2010

## LANCASTER COUNTY AUGUST 5-14

**LANCASTER EVENT CENTER**  
84th & Havelock, Lincoln

[www.superfair.org](http://www.superfair.org)  
(402) 441-6545

**A Fair With Flare!**

Title Sponsor



The Lancaster County Fair is now the  
**LANCASTER COUNTY  
SUPER FAIR**  
with 10 BIG days of family fun!

**Gate admission tickets  
will be required!**

Get gate admission tickets **FREE** at

**U-STOP**  
CONVENIENCE SHOPS

19 convenient locations  
in Lancaster County

A ticket is good for  
gate admission for  
1 person on any day  
Aug. 5-14.

## SCHEDULE & MAP



### Fairground Rules

- No smoking inside the buildings.
- No bicycles, scooters, ATV's or golf carts allowed on the grounds.
- No dogs allowed in any buildings except as required for special needs or for dog shows.
- Lancaster County Sheriff will be patrolling fairgrounds.
- Parking will be allowed in designated parking areas only. NO PARKING IN THE FIRE LANES.

**Open Class exhibits and events are open to anyone!**  
For information how to participate, go to [www.superfair.org](http://www.superfair.org).

**Carnival with more  
than 25 rides!**



**EVERY DAY!**

A limited number of carnival  
wristbands are available for \$15!  
For more information,  
go to [www.superfair.org](http://www.superfair.org)



**FREE Interactive  
Game Experience**

**EVERY DAY!**



**FREE Petting Zoo**

**EVERY DAY!**



**4-H & FFA EXHIBITS  
& EVENTS  
AUGUST 5-8**



Public events and exhibits are listed in bold.  
Exhibitor information such as check-in and release times are italicized.

PRE-FAIR

Saturday, July 24 & Sunday, July 25 — Open Class Static Exhibits Entry Check-in for Photography (Lincoln Room — South end) . . . . . 1–6 pm  
Saturday, July 24 — 4-H Horse Judging Contest (Salt Creek Wranglers Arena, 4300 S. Coddington Ave.) . . . . . 9 am  
Tuesday, July 27 — 4-H Horse Course Challenge (Lancaster Extension Education Center, 444 Cherrycreek Road) . . . . . 9 am  
Wednesday, July 28 — 4-H Style Revue Judging (Exhibit Hall) . . . . . 8 am  
Thursday, July 29 — 4-H Food Booth Training (Lincoln Room) . . . . . 6–7 pm  
— Lincoln Room Set-Up (Lincoln Room) . . . . . 6:30 pm  
Saturday, July 31 — Lincoln Room Set-Up Day (Lincoln Room) . . . . . 8 am  
Monday, August 2 — 4-H Horse Show Pre-Fair Briefing/Cleaning and Decorating Stalls (Pavilion 2) . . . . . 6–9:30 pm

**TUESDAY, AUGUST 3**  
Cleaning and Decorating Horse Stalls — No Horses Before 5 pm! . . . . . begins Noon  
Bedding Available from Farrier Office (Pavilion 2 - Enter from Courtyard) . . . . . 3–8:30 pm  
4-H Static Exhibit Check-in (Lincoln Room) . . . . . 4–8 pm  
Sign Up for 4-H Clover Kids Show & Tell (Lincoln Room) . . . . . 4–8 pm  
4-H Dressage Horse Check-in (Pavilion 2) . . . . . begins 5 pm

WEDNESDAY, AUGUST 4

**4-H Horse Dressage Show (Pavilion 3 - Arena) . . . . . 7 am**  
4-H/FFA Static Exhibit Judging — Not Open to Public (Lincoln Room) . . . . . 8 am–4 pm  
4-H Static Exhibit Interview Judging (Lincoln Room) . . . . . 9 am  
4-H English and Hunter Horse Check-in (Pavilion 2) . . . . . begins 10 am  
Bedding Available from Farrier Office (Pavilion 2 - Enter from Courtyard) . . . . . 10 am–9 pm  
4-H Horse Herdsmanship Begins (Pavilion 1) . . . . . Noon  
4-H Rabbit and Poultry Check-in Begins (Pavilion 1 - Walkway) . . . . . 4–8 pm

THURSDAY, AUGUST 5

Bedding Available from Farrier Office (Pavilion 2 - Enter from Courtyard) . . . . . 7 am–Noon  
**Capital City Kiwanis Breakfast (Concession Stand in Business Center) . . . . . 7–11 am**  
4-H Western Horse Check-in (Pavilion 2) . . . . . begins at 8 am  
4-H/FFA Swine Check-in & Weigh-in (Pavilion 1 - West End) . . . . . 8–10 am  
4-H Rabbit and Poultry Check-in (Pavilion 1 - Walkway) . . . . . 8 am–Noon  
**4-H English Horse Show — Hunter/Saddleseat Horse Halter/English Showmanship/English Pleasure/English Equitation (Amy Countryman Arena) . . . . . 8 am**  
**4-H/FFA Static Exhibits on Display (Lincoln Room) . . . . . 9 am–9 pm**  
**Commercial Vendors (Multipurpose Arena) . . . . . 9 am–9 pm**  
**Antique Tractors on Display (Tractor Lane) . . . . . 9 am–9 pm**  
**Petting Zoo (Attractions Zone) . . . . . 9 am–9 pm**  
**Interactive Game Experience (Attractions Zone) . . . . . 9 am–9 pm**  
**Bingo (Attractions Zone) . . . . . 9 am–9 pm**  
**Farmers Market (Attractions Zone) . . . . . 9 am–9 pm**  
4-H/FFA Sheep Check-in & Weigh-in (Pavilion 1 - West Arena) . . . . . 9–10 am  
**4-H Horse Hunter Hack Jumper Show (Amy Countryman Arena) . . . . . 1 hour after 4-H English Horse Show**  
4-H/FFA Beef Check-in & Weigh-in (Pavilion 1 - East Arena) . . . . . 10–11 am  
4-H Household Pets Check-in (Business Center - Nebraska Room) . . . . . 10–11 am  
**4-H Household Pets Show/Quiz Bowl (Business Center - Nebraska Room) . . . . . Noon**  
*All 4-H/FFA Livestock Animals Must be in Stalls (Pavilion 1) . . . . . Noon*  
*4-H/FFA Livestock, Rabbits & Poultry Herdsmanship Begins (Pavilion 1) . . . . . Noon*  
**4-H Poultry Show (Pavilion 1 - Walkway) . . . . . 12:30 pm**  
**4-H Horse Hunter Show — Hunter/Equitation (Amy Countryman Arena) . . . . . 1 hour after 4-H Horse Hunter Hack Jumper Show**  
**4-H/FFA Sheep Fitting Clinic (Pavilion 1 - West Arena) . . . . . 2–3 pm**  
**4-H/FFA Swine Fitting Clinic (Pavilion 1 - West Arena) . . . . . 3–4 pm**  
**4-H/FFA Cattle Fitting Clinic (Pavilion 1 - East Arena) . . . . . 4–5 pm**  
**Pets Overboard (Attractions Zone) . . . . . Show Times 3 pm, 5 pm, 7 pm**  
**Racing Pigs (Attractions Zone) . . . . . Show Times 4 pm, 6 pm, 8 pm**  
Bedding Available from Farrier Office (Pavilion 2 - Enter from Courtyard) . . . . . 5–9 pm  
**Carnival (Attractions Zone) . . . . . 5 pm–Midnight**  
**4-H/FFA Cattle Fitting Contest (Pavilion 1 - East Arena) . . . . . 5:30 pm**  
**4-H Rabbits R Us Dunk Tank (Attractions Zone) . . . . . Evening**  
**4-H/FFA Dairy Goat Show/Costume Contest (Pavilion 1 - West Arena) . . . . . 6:30 pm**  
**4-H Rabbit Breed ID Contest/Quiz (Pavilion 1 - Walkway) . . . . . 6:30 pm**  
*4-H Household Pets Released (Business Center - Nebraska Room) . . . . . 7 pm*  
**4-H Style Revue (Exhibit Hall) . . . . . 7 pm**  
**Figure 8 Races • Admission \$10 (Muhlbach Motorsports Complex) . 7 pm**  
**Sweetwater Band • Free Admission (Entertainment Tent) . 9 pm–Midnight**

4-H/FFA Static Exhibits on Display

AUG. 5–8

Open Class Static Exhibits on Display

AUG. 10–14

EVERY DAY!

Antique Tractors on Display

AUG. 6

Aerosmith Tribute Band — Draw the Line

FRIDAY, AUGUST 6

4-H/FFA Exhibitors Breakfast presented by Capital City Kiwanis (Entertainment Tent) . . . . . 7–8:30 am  
**Capital City Kiwanis Breakfast (Concession Stand in Business Center) . . . . . 7–11 am**  
Bedding Available from Farrier Office (Pavilion 2 - Enter from Courtyard) . . . . . 7–9 am  
**4-H/FFA Swine Show (Pavilion 1 - West Arena) . . . . . 8 am**  
**4-H Western Horse Show 1 — Western Showmanship/Groom & Care/Halter (Amy Countryman Arena) . . . . . 8 am**  
**4-H/FFA Static Exhibits on Display (Lincoln Room) . . . . . 9 am–9 pm**  
**Commercial Vendors (Multipurpose Arena) . . . . . 9 am–9 pm**  
**Antique Tractors on Display (Tractor Lane) . . . . . 9 am–9 pm**  
**Petting Zoo (Attractions Zone) . . . . . 9 am–9 pm**  
**Interactive Game Experience (Attractions Zone) . . . . . 9 am–9 pm**  
**Bingo (Attractions Zone) . . . . . 9 am–9 pm**  
**Farmers Market (Attractions Zone) . . . . . 9 am–9 pm**  
*Fair Fun Day — For Child Care Groups, By Invitation (Exhibit Hall - Room 1) . . . . . 9:30 am*  
**4-H/FFA Dairy Cattle Clinic (Pavilion 1 - East Arena) . . . . . 10 am**  
**Racing Pigs (Attractions Zone) . . . . . Show Times 10 am, 2 pm, 4 pm, 6 pm, 8 pm**  
*Fair Fun Day — For Child Care Groups, By Invitation (Exhibit Hall - Room 1) . . . . . 1 pm*  
**Pets Overboard (Attractions Zone) . Show Times 1 pm, 3 pm, 5 pm, 7 pm**  
**4-H/FFA Sheep Show (Pavilion 1 - West Arena) . . immediately following 4-H/FFA Swine Show, not to start before 2 pm**  
**4-H Horse Show — Horsemanship Pairs/Freestyle Drill Teams (Amy Countryman Arena) . . following 4-H Western Horse Show-1**  
**Free Watermelon Feed (Entertainment Tent) . . . . . 4:30 pm**  
Bedding Available from Farrier Office (Pavilion 2 - Enter from Courtyard) . . . . . 5–7 pm  
**Face Painting (Pavilion 1) . . . . . 5–9 pm**  
**Carnival (Attractions Zone) . . . . . 5 pm–Midnight**  
**4-H Horse Special Needs Show (Pavilion 3 - Arena) . . . . . 5 pm**  
**4-H Table Setting Contest (Exhibit Hall) . . . . . 5 pm**  
**4-H Council Spaghetti Feed Fundraiser • \$5 meal (Exhibit Hall) . 5:30 pm**  
**4-H Rabbit Judging Contest/Breeder's Choice Show (Pavilion 1 - Walkway) . . . . . 5:30 pm**  
**4-H Rabbits R Us Dunk Tank (Attractions Zone) . . . . . Evening**  
**4-H Llama/Alpaca Show (Pavilion 1 - East Arena) . . . . . 6 pm**  
**4-H Horse Trail Show (Pavilion 3 - Arena) . . immediately following the 4-H Horse Special Needs Show**  
**4-H Rabbit Pet Class (Pavilion 1 - Walkway) . . . . . 7 pm**  
**Demolition Derby • Admission \$10 (Muhlbach Motorsports Complex) . . . . . 7 pm**  
**Aerosmith Tribute Band – Draw the Line • Admission \$5 (Entertainment Tent) . . . . . 9 pm–Midnight**

SATURDAY, AUGUST 7

Open Class Dairy Goat Check-in (Pavilion 1) . . . . . by 7 am  
Bedding Available from Farrier Office (Pavilion 2 - Enter from Courtyard) . . . . . 7–9 am  
**Capital City Kiwanis Breakfast (Concession Stand in Business Center) . . . . . 7–11 am**  
**Open Class Dairy Goat Show (Pavilion 1 - West Arena) . . . . . 8 am**  
**4-H Western Horse Show 2 — Bareback Equitation/Western Pleasure/ Western Horsemanship (Amy Countryman Arena) . . . . . 8 am**  
**4-H Rabbit Market/Breed/Fur Show (Pavilion 1 - Walkway) . . . . . 8 am**  
*4-H Dog Obedience/Showmanship/Pet Class/Costume Contest/Creative Kennel Contest Check-in (Exhibit Hall) . . . . . 8 am*  
*4-H Cat Check-in and Vet Check (Business Center - Nebraska Room) . . . . . 8–8:45 am*  
**4-H Dog Obedience/Showmanship/Pet Class/Costume Contest (Exhibit Hall) . . . . . 9 am**  
**4-H Cat Show/Quiz Bowl (Business Center - Nebraska Room) . . . 9 am**  
**4-H/FFA Beef Show (Pavilion 1 - East Arena) . . . . . 9 am**  
**4-H/FFA Static Exhibits on Display (Lincoln Room) . . . . . 9 am–9 pm**  
**Commercial Vendors (Multipurpose Arena) . . . . . 9 am–9 pm**  
**Antique Tractors on Display (Tractor Lane) . . . . . 9 am–9 pm**  
**Petting Zoo (Attractions Zone) . . . . . 9 am–9 pm**  
**Interactive Game Experience (Attractions Zone) . . . . . 9 am–9 pm**  
**Bingo (Attractions Zone) . . . . . 9 am–9 pm**  
**Farmers Market (Attractions Zone) . . . . . 9 am–9 pm**  
**4-H Rabbit Showmanship Show (Pavilion 1 - Walkway) . . . . . 10 am**  
*4-H Dog Agility Check-in (Exhibit Hall) . . . . . Noon*  
**Carnival (Attractions Zone) . . . . . 1 pm–Midnight**  
**4-H Dog Agility Show (Exhibit Hall) . . . . . 1 pm**  
**4-H Dog Creative Kennel Contest (Exhibit Hall) . . . . . 2 pm**  
**4-H Rabbits R Us Dunk Tank (Attractions Zone) . . . Afternoon–Evening**  
**Racing Pigs (Attractions Zone) . . . Show Times 2 pm, 4 pm, 6 pm, 8 pm**  
**Troupe Sicorae Bellydancers (Entertainment Tent) . . . . . 3 pm**  
**Pets Overboard (Attractions Zone) . . . . . Show Times 3 pm, 5 pm, 7 pm**  
*4-H Cats Released (Business Center - Nebraska Room) . . . . . 4 pm*  
**Cookie Eating Contest • Preregister at 4-H Information Booth (Entertainment Tent) . . . . . 4 pm**  
*4-H Roping/Working Horse Check-in (Pavilion 3 - Arena) . . . . . 5 pm*  
*Bedding Available from Farrier Office (Pavilion 2 - Enter from Courtyard) . . . . . 5–7 pm*





4-H/FFA  
Animal Shows

Open Class  
Animal Shows

AUG.  
4-8

AUG.  
7-15

- Face Painting (Pavilion 1) . . . . . 5-9 pm
- Family Barbeque • \$5 meal (Entertainment Tent) . . . . . 5:30 pm
- Ice Cream Social • \$1 a cup (Entertainment Tent) . . . . . 5:30 pm
- 4-H Horse Roping/Working Ranch Show 2 — Roping/Goat Tying/  
Working Ranch (Pavilion 3 - Arena) . . . . . 6 pm
- 4-H Rabbit Specialty Show — Best Matched Pair/Tricks/  
Costume Contest/Pee Wee — and Rabbit Races  
(Pavilion 1 - West Arena) . . . . . 6 pm
- Lincoln Council on Alcohol and Drugs, Inc. Town Hall Meeting  
(Business Center - Nebraska Room) . . . . . 6:30 pm
- Hay Hauling Contest • Contest is open to any team of 3 members,  
ages 14 & up. Enter just prior to event. (Amy Countryman Arena) . 7 pm
- Mark Keaton Band (Entertainment Tent) . . . . . 9 pm-Midnight

## SUNDAY, AUGUST 8

- Open Class Rabbit Check-in (Exhibit Hall) . . . . . by 7 am
- Open Class Dairy Goat Check-in (Pavilion 1) . . . . . by 7 am
- Bedding Available from Farrier Office (Pavilion 2 - Enter from Courtyard) . . . . . 7-9 am
- Capital City Kiwanis Breakfast (Concession Stand in  
Business Center) . . . . . 7-11 am
- Open Class Dairy Cattle Check-in (Pavilion 1) . . . . . 7:30 am
- Open Class Dairy Goat Show (Pavilion 1 - West Arena) . . . . . 8 am
- Open Class Rabbit Show (Exhibit Hall) . . . . . 8 am
- 4-H Miniature Horse Show (Pavilion 3 - Arena) . . . . . 8 am
- 4-H/FFA Dairy Cattle Show (Pavilion 1 - East Arena) . . . . . 8 am
- 4-H/FFA Static Exhibits on Display (Lincoln Room) . . . . . 9 am-9 pm
- Commercial Vendors (Multipurpose Arena) . . . . . 9 am-9 pm
- Antique Tractors on Display (Tractor Lane) . . . . . 9 am-9 pm
- Petting Zoo (Attractions Zone) . . . . . 9 am-9 pm
- Interactive Game Experience (Attractions Zone) . . . . . 9 am-9 pm
- Bingo (Attractions Zone) . . . . . 9 am-9 pm
- Farmers Market (Attractions Zone) . . . . . 9 am-9 pm
- 4-H Western Horse Show 3 — Working Pleasure/  
Western Riding/Reining (Amy Countryman Arena) . . 1/2 hour after  
4-H Miniature Horse show
- Antique Tractor Pull (Muhlbach Motorsports Complex) . . . . . 11 am
- Open Class Dairy Cattle Show (Pavilion 1) . . . . . 11:30 am
- 4-H Horse, Rabbits & Poultry Herdsmanship Ends (Pavilion 1) . . . . . Noon
- Bedding Available from Farrier Office (Pavilion 2 - Enter from Courtyard) . . . . . Noon-2 pm
- Open Class Static Exhibits Entry Check-in for Unique Individuals & Situations  
(Lincoln Room — South end) . . . . . Noon-7 pm
- Big Wheel Race Check-in (Exhibit Hall) . . . . . Noon
- Big Wheel Race • Contest for youth 3-6 (Exhibit Hall) . . . . . 1 pm
- 4-H Clover Kids Show & Tell (Lincoln Room) . . . . . 1 pm
- Carnival (Attractions Zone) . . . . . 1 pm-Midnight
- 4-H Bucket Calf Interviews (Pavilion 1 - Livestock Office) . . . . . TBA
- 4-H Rabbits R Us Dunk Tank (Attractions Zone) . . . . . Afternoon-Evening
- Racing Pigs (Attractions Zone) . . . . . Show Times 2 pm, 4 pm, 6 pm, 8 pm
- Pedal Tractor Pull Check-in (Exhibit Hall) . . . . . 2:30 pm
- Pedal Tractor Pull Contest • Contest for youth 4 & up (Exhibit Hall) . 3 pm
- No Coast Derby Girls Demonstration (Attractions Zone) . . . . . 4 pm
- Pets Overboard (Attractions Zone) . . . . . Show Times 3 pm, 5 pm, 7 pm
- 4-H Horse Games Show — Keyhole Race/Pole Bending/  
Figure 8 Stake Race/Barrel Race (Amy Countryman Arena) . . . . . following 4-H Western Horse Show 3,  
not to start before 3 pm
- 4-H Bucket Calf Show (Pavilion 1 - East Arena) . . . . . 4 pm
- 4-H/FFA Livestock Auction Buyer Registration (Pavilion 1 - East Arena) . . . . . 4:45 pm
- 4-H/FFA Livestock Auction Buyer Meet & Greet (Pavilion 1 - East  
Arena) . . . . . 5 pm
- 4-H Rabbit Awards (TBA) . . . . . 5 pm
- Face Painting (Pavilion 1) . . . . . 5-9 pm
- Open Class Feeder Calf Check-in (Pavilion 1) . . . . . 5-7 pm
- 4-H/FFA Livestock Auction (Pavilion 1 - East Arena) . . . . . 6 pm
- 4-H/FFA Livestock Herdsmanship Ends (Pavilion 1) . . . . . 6 pm
- Release of 4-H/FFA Animals Begins . . . . . 9 pm

EVERY  
DAY!



FREE Racing Pigs



FREE Kids Ranch Rodeo

## MONDAY, AUGUST 9

- 4-H/FFA Static Exhibits Released • Note: 4-H & FFA members will be able to  
Check-in Open Class Static Exhibits when 4-H/FFA Static Exhibits are Released  
(Lincoln Room) . . . . . 7-11 am
- 4-H/FFA Static Exhibit and Contest Premiums MUST Be Picked Up (Fair Board Office) . . . . . 7-11 am
- Capital City Kiwanis Breakfast (Concession Stand in  
Business Center) . . . . . 7-11 am
- Commercial Vendors (Multipurpose Arena) . . . . . 9 am-9 pm
- Antique Tractors on Display (Tractor Lane) . . . . . 9 am-9 pm
- Petting Zoo (Attractions Zone) . . . . . 9 am-9 pm
- Interactive Game Experience (Attractions Zone) . . . . . 9 am-9 pm
- Bingo (Attractions Zone) . . . . . 9 am-9 pm
- Farmers Market (Attractions Zone) . . . . . 9 am-9 pm
- 4-H Horse Premiums MUST Be Picked Up (Pavilion 2) . . . . . 10 am-Noon
- Open Class Beef Feeder Calf Check-in (Pavilion 1) . . . . . by Noon
- Open Class Pigeon Check-in (Covered Walkway between Pavilions 1 & 2) . . . . . 4-8 pm
- Mutton Busting and Kids Ranch Rodeo • Contests for youth 10 & under.  
Must preregister by going to [www.superfair.org](http://www.superfair.org) or [www.kzlx.com](http://www.kzlx.com)  
(Amy Countryman Arena) . . . . . 2 pm
- Open Class Static Exhibits Entry Check-in for Horticulture — Floral Arrangements-Silk,  
House Plants, Patio Plants, Crops in Pots (Lincoln Room) . . . . . 1-7 pm
- Open Class Static Exhibits Entry Check-in for Farm Products, Fine Arts, Food, and Textiles  
(Lincoln Room) . . . . . 2-7 pm
- Racing Pigs (Attractions Zone) . . . . . Show Times 2 pm, 4 pm, 6 pm, 8 pm
- Pets Overboard (Attractions Zone) . . . . . Show Times 3 pm, 5 pm, 7 pm
- Carnival (Attractions Zone) . . . . . 5 pm-Midnight
- Open Class Beef Feeder Calf Show (Pavilion 1) . . . . . 6 pm
- Open Class Swine Check-in (Pavilion 1) . . . . . after 6 pm

## TUESDAY, AUGUST 10

- Capital City Kiwanis Breakfast (Concession Stand in  
Business Center) . . . . . 7-11 am
- Open Class Static Exhibit Judging (Lincoln Room) . . . . . 9 am-4 pm
- Commercial Vendors (Multipurpose Arena) . . . . . 9 am-9 pm
- Antique Tractors on Display (Tractor Lane) . . . . . 9 am-9 pm
- Petting Zoo (Attractions Zone) . . . . . 9 am-9 pm
- Interactive Game Experience (Attractions Zone) . . . . . 9 am-9 pm
- Bingo (Attractions Zone) . . . . . 9 am-9 pm
- Farmers Market (Attractions Zone) . . . . . 9 am-9 pm
- Open Class Swine Check-in (Pavilion 1) . . . . . by Noon
- Open Class Static Exhibits Entry Check-in for Horticulture — Vegetables, Fruit, Nuts,  
Food Baskets, Garden Displays, Scare Crows (Lincoln Room) . . . . . 1-8 pm
- Racing Pigs (Attractions Zone) . . . . . Show Times 2 pm, 4 pm, 6 pm, 8 pm
- Pets Overboard (Attractions Zone) . . . . . Show Times 3 pm, 5 pm, 7 pm
- Open Class Static Exhibits on Display (Lincoln Room) . . . . . 4 pm-9 pm
- Open Class Poultry Check-in (Pavilion 1) . . . . . 4 pm
- Open Class Beef Cattle Other Breed Check-in (Pavilion 1) . . . . . 5-7 pm
- Open Class Commercial Beef Check-in (Pavilion 1) . . . . . 5-7 pm
- Open Class Swine Show (Pavilion 1) . . . . . 5 pm
- Carnival (Attractions Zone) . . . . . 5 pm-Midnight
- National Barrel Horse Association Barrel Racing  
(Amy Countryman Arena) . . . . . Exhibition 5:30 pm /Competition 7 pm
- Bush Tractor Pullers • Admission \$10 (Muhlbach Motorsports  
Complex) . . . . . 7 pm



Bush Tractor Pullers



Go Kart Racing

## WEDNESDAY, AUGUST 11

- Open Class Dressage Horse Check-in (Pavilion 2 - Horse Show Office) . . . . . 7 am
- Capital City Kiwanis Breakfast (Concession Stand in  
Business Center) . . . . . 7-11 am
- Open Class Poultry Show (Pavilion 1- Walkway) . . . . . 8 am
- Open Class Static Exhibits on Display (Lincoln Room) . . . . . 9 am-9 pm
- Commercial Vendors (Multipurpose Arena) . . . . . 9 am-9 pm
- Antique Tractors on Display (Tractor Lane) . . . . . 9 am-9 pm
- Petting Zoo (Attractions Zone) . . . . . 9 am-9 pm
- Interactive Game Experience (Attractions Zone) . . . . . 9 am-9 pm
- Bingo (Attractions Zone) . . . . . 9 am-9 pm
- Farmers Market (Attractions Zone) . . . . . 9 am-9 pm
- Open Class Dressage Horse Show (Pavilion 3) . . . . . 9 am
- Open Class Beef Cattle Other Breed Check-in (Pavilion 1) . . . . . by Noon
- Open Class Commercial Beef Check-in (Pavilion 1) . . . . . by Noon
- Racing Pigs (Attractions Zone) . . . . . Show Times 2 pm, 4 pm, 6 pm, 8 pm
- Pets Overboard (Attractions Zone) . . . . . Show Times 3 pm, 5 pm, 7 pm
- Open Class Hereford Cattle Check-in (Pavilion 1) . . . . . 5-7 pm
- Open Class Simmental Cattle Check-in (Pavilion 1) . . . . . 5-7 pm
- Carnival (Attractions Zone) . . . . . 5 pm-Midnight
- Chicken Barbeque Feed • \$5 meal (Entertainment Tent) . . . . . 5:30 pm
- Open Class Commercial Beef Show (Pavilion 1) . . . . . 6 pm
- Open Class Other Beef Breed Show (Pavilion 1) . . . . . 6 pm
- Go Kart Racing • Admission \$10 (Muhlbach Motorsports Complex) . 7 pm
- Bush Tractor Pullers — RAIN DATE • Admission \$10  
(Muhlbach Motorsports Complex) . . . . . 7 pm



New this year, two new contests anyone can enter!



**People's Choice Salsa Contest  
Friday, Aug. 13**



**\$1,000 Cinnamon Roll Contest  
Saturday, Aug. 14**

Top three entries in each contest will receive cash prizes! No entry fees. Pre-register by Aug. 5. For rules, go to [www.superfair.org](http://www.superfair.org).

## THURSDAY, AUGUST 12

*Open Class Exhibitors Breakfast presented by Capital City Kiwanis (Entertainment Tent) . . . 7–8:30 am*

**Capital City Kiwanis Breakfast (Concession Stand in Business Center) . . . . . 7–11 am**

*Open Class Static Exhibits Entry Check-in for Horticulture — Cut Flowers, Herbs, Perennials, Floral Arrangements-Fresh, Youth Division (Lincoln Room) . . . . . 8 am–7 pm*

**Open Class Dressage Horse Show (Pavilion 3) . . . . . 9 am**

**Open Class Arena Driving Trail Show (Amy Countryman Arena) . . 9 am**

**Open Class Static Exhibits on Display (Lincoln Room) . . . . . 9 am–9 pm**

**Commercial Vendors (Multipurpose Arena) . . . . . 9 am–9 pm**

**Antique Tractors on Display (Tractor Lane) . . . . . 9 am–9 pm**

**Petting Zoo (Attractions Zone) . . . . . 9 am–9 pm**

**Interactive Game Experience (Attractions Zone) . . . . . 9 am–9 pm**

**Bingo (Attractions Zone) . . . . . 9 am–9 pm**

**Farmers Market (Attractions Zone) . . . . . 9 am–9 pm**

*Open Class Hereford Cattle Check-in (Pavilion 1) . . . . . by Noon*

*Open Class Simmental Cattle Check-in (Pavilion 1) . . . . . by Noon*

*Open Class Sheep Check-in (Pavilion 1) . . . . . after Noon*

*Open Class Miniature Horse Check-in (Pavilion 2 - Horse Show Office) . . . . . after Noon*

**Racing Pigs (Attractions Zone) . . . Show Times 2 pm, 4 pm, 6 pm, 8 pm**

**Pets Overboard (Attractions Zone) . . . . . Show Times 3 pm, 5 pm, 7 pm**

*Open Class Quarter Horse Check-in (Pavilion 2 - Horse Show Office) . . . . . after 3 pm*

**Open Class Miniature Horse Show (Pavilion 2) . . . . . 5 pm**

**Open Class Hereford Show (Pavilion 1) . . . . . 5 pm**

*Open Class Shorthorn Cattle (Pavilion 1) . . . . . Check-in 5–7 pm*

*Open Class Angus Cattle (Pavilion 1) . . . . . Check-in 5–7 pm*

**Carnival (Attractions Zone) . . . . . 5 pm–Midnight**

**Open Class Simmental Cattle (Pavilion 1) . . . . . 6 pm or following Hereford Show**

**Prairieland Dairy — Shake Night (Entertainment Tent) . . . . . 6–8 pm**

**Mounting and Matting Demonstration by Hobby Lobby Staff (Lincoln Room) . . . . . 7 pm**

**Go Kart Racing — RAIN DATE • Admission \$10 (Muhlbach Motorsports Complex) . . . . . 7 pm**

**Bossphilly Band (Entertainment Tent) . . . . . 9 pm–Midnight**

*Open Class Angus Cattle Check-in (Pavilion 1) . . . . . by Noon*

*Open Class Sheep Check-in (Pavilion 1) . . . . . by Noon*

*Open Class Boer Goat Check-in (Pavilion 1) . . . . . Noon–9 pm*

**Racing Pigs (Attractions Zone) . . . Show Times 2 pm, 4 pm, 6 pm, 8 pm**

**Pets Overboard (Attractions Zone) . . . . . Show Times 3 pm, 5 pm, 7 pm**

*Open Class Arabian & Morgan Horse-Check-in (Pavilion 2 - Horse Show Office) . . . . . after 3 pm*

*People's Choice Salsa Contest Entry Check-in (Lincoln Room) . . . . . 4–5:50 pm*

**Open Class Angus Show (Pavilion 1) . . . . . 5 pm**

**Open Class Sheep Show (Pavilion 1) . . . . . 5 pm**

**Carnival (Attractions Zone) . . . . . 5 pm–Midnight**

**People's Choice Salsa Contest Judging • \$1 judging/tasting fee (Lincoln Room) . . . . . 6–8 pm**

**Floral Design Demonstration by Southeast Community College Students (Lincoln Room) . . . . . 6–8 pm**

**Open Class Shorthorn (Pavilion 1) . . 6:30 pm or following Angus Show**

**Jewelry and Beadwork Demonstration by Andi Peterson (Lincoln Room) . . . . . 6:30 pm**

**Judy a La Carte – Cooking Live (Multipurpose Arena) . . . . . 7 pm**

**Monster Trucks • Admission charged (Muhlbach Motorsports Complex) . . . . . 7 pm**

**Pranxter Band (Entertainment Tent) . . . . . 9 pm–Midnight**



**AUG. 13 & 14**

**Monster Trucks**



**AUG. 14**

## SATURDAY, AUGUST 14

**U-Stop Day at the Fair (Corporate Tent) . . . . . 9 am–9 pm**

**Capital City Kiwanis Breakfast (Concession Stand in Business Center) . . . . . 7–11 am**

**Open Class Arabian & Morgan Horse Show (Amy Countryman Arena) . . . . . 8 am**

**Open Class Llama Show (Pavilion 1) . . . . . 8 am**

*Open Class Boer Goat Exhibitor Meeting (Pavilion 1) . . . . . 8:30 am*

**Open Class Boer Goat Show (Pavilion 1) . . . . . 9 am**

**Open Class Static Exhibits on Display (Lincoln Room) . . . . . 9 am–9 pm**

**Commercial Vendors (Multipurpose Arena) . . . . . 9 am–9 pm**

**Antique Tractors on Display (Tractor Lane) . . . . . 9 am–9 pm**

**Petting Zoo (Attractions Zone) . . . . . 9 am–9 pm**

**Interactive Game Experience (Attractions Zone) . . . . . 9 am–9 pm**

**Bingo (Attractions Zone) . . . . . 9 am–9 pm**

**Farmers Market (Attractions Zone) . . . . . 9 am–9 pm**

*\$1,000 Cinnamon Roll Contest Entry Check-in (Lincoln Room) . . . . . 10 am–Noon*

*Open Class Dog Obedience Check-in (Exhibit Hall) . . . . . 11 am*

*Open Class Dog Agility Check-in (Exhibit Hall) . . . . . 11 am*

**Open Class Dog Obedience Show (Exhibit Hall) . . . . . Noon**

**Open Class Dog Agility Show (Exhibit Hall) . . . . . Noon**

**\$1,000 Cinnamon Roll Contest Judging (Lincoln Room) . . . . . 1 pm**

**Carnival (Attractions Zone) . . . . . 1 pm–Midnight**

**Capital City Dance Shack, Home of the Capital City Cloggers (Entertainment Tent) . . . . . 2 pm**

**Pets Overboard (Attractions Zone) Show Times 1 pm, 3 pm, 5 pm, 7 pm**

**Racing Pigs (Attractions Zone) . . . Show Times 2 pm, 4 pm, 6 pm, 8 pm**

*Open Class Pinto Horse Check-in (Pavilion 2 - Horse Show Office) . . . . . after 3 pm*

**Red Cross Blood Drive (In Front of the Multipurpose Arena) . . 4–9 pm**

**Doeden Swinging Country Dancers (Entertainment Tent) . . . . . 5 pm**

**Nebraska Cattlemen's Team Penning (Pavilion 3) . . . . . 5 pm**

*Open Class Poultry Released (Pavilion 1) . . . . . 6 pm*

*Open Class Pigeon Released (Pavilion 1) . . . . . 6 pm*

**Monster Trucks • Admission charged (Muhlbach Motorsports Complex) . . . . . 7 pm**

**Colgate Country Showdown • Admission \$5 (Entertainment Tent) . 7 pm**

**Red Hott Band (Entertainment Tent) . . . . . 9 pm–Midnight**

*Open Class Static Exhibits Released . . . . . 9 pm–10:30 pm*

## SUNDAY, AUGUST 15

**Open Class Pinto Horse Show (Pavilion 3) . . . . . 8 am**

**Open Class Arabian & Morgan Horse Show (Amy Countryman Arena) . . . . . 8 am**

*Open Class Static Exhibits Released (Lincoln Room) . . . . . 9 am–1 pm*

**Public events and exhibits are listed in bold.**

*Exhibitor information such as check-in and release times are italicized.*



The general office of LCAS is located at the Lancaster Event Center, P.O. Box 29167, Lincoln, NE 68529 • Phone: 402-441-6545 • Web site: <http://www.lancastereventcenter.com>

BOARD OF DIRECTORS: Ron Dowding (President), Chet Hill (Vice-President), Trudy Pedley (Secretary), Karen Rutt (Treasurer), Tom Messick, Eric Mitchell, Kendra Ronnau, Keith Schomerus, Jay Wilkinson



The University of Nebraska–Lincoln Extension 4-H Youth Development program is open to all youth ages 5–18.  
UNL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, 68528 • Phone: 402-441-7180 • Web site: <http://lancaster.unl.edu>

The National FFA Organization is an agricultural education program which applies classroom instruction to hands-on opportunities • Web site: <http://www.ffa.org>



The Lancaster County Agricultural Society, Inc. (Fair Board) thanks all our community partners!

4-H & FFA thank our sponsors!



## Take the “Waste” Out of Yard Waste

Routine lawn and yard maintenance is usually on every homeowner’s to-do list. Keeping the lawn neat and green can become a neighborhood goal, with everyone competing for the title of “best-kept lawn.” Reducing resources and minimizing waste in a landscape should be another worthy goal. Reducing yard “waste” is the route more people are taking, while finding more satisfaction in routine yard care at the same time. Here’s how you can reduce yard “waste” and transform it into yard “wealth.”

### Use Organic Mulches

Recycle leaves, wood chips, grass clippings, and other yard trimmings as mulch to retain soil moisture, reduce weed growth, moderate daily and seasonal soil temperatures, and reduce soil erosion.

### Plant Ground Covers

Reduce impractical lawn areas (steep slopes, shady areas, low spots) and keep tree roots moist and cool. Less lawn means fewer grass clippings. It also can reduce the amount of pesticide, and fertilizer use.



Here, ground cover is used beneath an evergreen.

### Direct Downspouts into Planting Beds or Lawns

Reduce runoff from downspouts directed onto paved surfaces which can contribute pollutants to lakes and streams. Redirect this precious natural resource to your yard rather than the pavement.

### Try Natural Landscaping

Naturalize at least a portion of your yard to reduce maintenance, grass clippings, pesticide and fertilizer usage. Enjoy the attractive alternatives as your property contributes to a richer ecosystem.



Courtesy of USDA Natural Resources Conservation Service

This example of natural landscaping retains and infiltrates rainfall.

### Landscape the Border of Your Yard

Perimeter plantings provide a convenient place to recycle tree trimmings, leaves, and garden debris. Decomposition is speeded up by cutting twigs and other materials into smaller pieces.

### Select Plants for Proper Size and Vigor

Reduce trimmings by selecting dwarf varieties and always plan for the natural height of trees and shrubs before planting. Pest-resistant varieties reduce both chemical usage and the dead wood from diseased plants. Match plants to proper climate, soil, light conditions, and topography.

### Manage Lawn Areas Wisely

Recycle nutrients by leaving clippings on the lawn where they belong. If you must collect them, reuse the grass clippings as mulch or compost. Proper care keeps lawns growing vigorously, which greatly reduces disease and pesticide use.

### Fertilize Conservatively and Carefully

Test the soil and reduce fertilizer use to avoid excessive plant growth which contributes to potential yard waste. Reuse fertilizer spilled on paved surfaces which will otherwise pollute lakes and streams via runoff water.

### Use Leaves as a Resource

Small amounts of leaves, when shredded with a lawn mower, can be recycled as an organic nutrient source if left on the lawn. This reduces the frequency of raking. Leaves can also be reused to mulch perimeter plantings or as an ingredient in compost.

### Leave Space in Flower Beds or Gardens to Trench Compost

Recycle nutrients back into the soil by digging a small pit or trench to bury and compost pulled weeds, garden or kitchen wastes. Composted organic matter improves the soil for next year’s plantings, which reduces fertilizer needs.

### Create a Compost Pile or Bin

For yard trimmings with no other use, recycle. Using a recycling bin speeds up the natural process of decomposition. Using a bin has the added advantage of screening the compost from view.

### Plan and Evaluate Your Yard

Reconsidering your routines may require a little time and discipline — as opposed to proceeding as usual. But good, environmentally friendly ideas should emerge. The key is to lessen the waste problem in some way by first rethinking, then reduce, reuse, and recycle.



Elaine Haug, courtesy of Smithsonian Institution; © USDA-NRCS PLANTS Database

Japanese knotweed

## Watch for Invasive Japanese Knotweed

Japanese knotweed is listed as one of the world’s 100 worst invasive species. It has been planted as an ornamental and has spread to wild area in both the eastern and western United States. It forms thick, dense colonies which crowd out any other herbaceous species and invades steams making it difficult to control. Now is the time to be on the look out for this plant and control all sites before it expands its invasion. Contact your weed control office to report sightings. In Lancaster County, call the Lancaster County Weed Control Authority at (402) 441-7817.

### What Does it Look Like?

Japanese knotweed, native to Japan, is an herbaceous perennial that forms large clumps 3–10 feet high. It reproduces by seed and spreads by large, extensive rhizomes. The stout stems are hollow and bamboo-like, and persist into the winter. The flowers are greenish white and appear in summer. The fruiting calyx is wing-angled and the seeds are shiny black/brown.

### What Habitats are Threatened by This Plant?

Knotweed thrives in a wide variety of habitats. In Japan, it grows on volcanic soils high in sulphur and with a pH of less than 4. In the United States, it has been observed growing in a variety of soil types, including silt, loam, and sand with a pH range of 4.5–7.4. Primarily, knotweed is found in moist sites, but also has been reported growing in dry sites. Knotweed’s distribution is affected by light. It is found primarily in sunny sites; growth and abundance are depressed in shady sites. It

spreads primarily along riverbanks, and grows in wetlands, waste places, along roadways, and other disturbed areas.

### How Does This Plant Spread?

Japanese knotweed’s primary mode of reproduction in the United States is through extensive rhizomes that can reach 16–20 ft. in length. Dispersal can occur naturally when rhizome fragments are washed downstream by currents and deposited on banks. More commonly it is dispersed when humans transport soil as fill dirt.

### Where is This Plant Found in the United States?

In North America, Japanese knotweed is widely found in the east, from Nova Scotia and Newfoundland to North Carolina, and in much of the Midwest and the coastal areas of Washington and Oregon.

### How Can This Plant be Controlled?

Do not use this plant in the landscape. Once Japanese knotweed is established, it is extremely difficult to eradicate. Control small patches by digging out the entire plant, including tiny pieces of rhizome, which can regrow. Control larger infestations with persistent cutting throughout the growing season and/or repeated use of glyphosate herbicide, such as Roundup. Follow label directions when applying any herbicide. More than one growing season probably will be required to completely eradicate all but the smallest stands.

Source: Lower Platte Weed Management area and Bowman’s Hill Wildflower Preserve

## Making and Using Compost Tea

Using compost tea was part of farming techniques centuries ago, when animal manures were steeped in water and the resulting liquid was poured around plants. Some changes in the method of production have currently given the tea idea a new twist. Compost tea can improve soil quality by increasing the number of beneficial soil organisms. Plants depend on soil microorganisms for help with gathering and incorporating nutrients in

their roots. Plants can’t take up all the nutrients they need for growth. They must rely on tiny organisms to convert the nutrients into forms they can use. Compost teas contain substantial quantities of microorganisms, which are released into the soil when the tea is added around plants. A backyard gardener can make a simple compost tea. Start by covering a high quality (fully decomposed) compost with tap water at a ratio of 1 part compost to 6 parts water.

If your water system contains added chlorine, allow the water to sit out overnight to improve the survival of the live bacteria in the compost. Stir daily and allow it to ferment at temperatures between 60–70°F. The fermentation period can be from 3–21 days. Then the liquid mixture is strained out and applied to plants with a sprayer or poured into the soil around the roots. Use the mixture as soon as possible when it’s ready.

## Can You Guess It?



Did you guess it? Find out at  
<http://lancaster.unl.edu>

Did you guess it from the July NEBLINE?  
The answer was: *Spyrogyra green algae*





## August

### Laura Hardesty

Lancaster County 4-H is proud to announce Laura Hardesty as winner of August's "Heart of 4-H Award" in recognition of outstanding volunteer service.

A 4-H volunteer for eight years, Laura is the organizational leader of the Silver Spurs club, a member of the Horse VIPS Committee, and Superintendent of the Western Horse Show – 3 (Working Pleasure, Western Riding, and Reining) at the Lancaster County Super Fair. She helps with horsemanship level testing, show coordination, and ring practice. She has also been involved with the EquiRiders club.

"I love kids and I love horses," Laura says. "My favorite experience as a 4-H volunteer is watching 4-H kids improve skills and gain knowledge each year."

Congratulations to Laura. Volunteers like her are indeed the heart of 4-H!



## 4-H'ers Test Family and Consumer Sciences Skills at Life Challenge



Lancaster County participants at state 4-H Life Challenge.

The 4-H Life Challenge contests focus on Family and Consumer Science project areas. Youth answer written questions and give an oral presentation applying what they have learned in their 4-H projects to a real-life situation.

- The **county senior Life Challenge** contest was held May 22. Dylan Hoover was awarded the Grand Champion rosette.
- The **county junior Life Challenge** contest was held July 10 and Valerie Griess was awarded the Grand Champion rosette.

- The **state Life Challenge** contest for seniors was held at UNL East Campus on June 28–29. Four Lancaster County Teams participated. Angelica Hoover, Dylan Hoover, and Jessica Stephenson received 5th place out of 26 teams in the Design Challenge. Helen Dowd, Angelica Hoover, Dylan Hoover, and Jessica Stephenson received 3rd place out of 27 teams in the Food and Nutrition Challenge. Other participants were Ceirra Austin, Charles Dowd, Mary Dowd, Maddie Gabel, Victoria Garza, Anne Greff, Antonio Hoover, Joshua Hoover, Molly Noel, Paige Roach, Jaime Stephenson, and Sheridan Swotek.

## 4-H'ers Test Animal Science Skills at PASE

Congratulations to the two Lancaster County senior teams who competed in the Livestock Judging contest during the state Premiere Animal Science Events (PASE) held at UNL East Campus on June 28–29. Team 1 (Matthew Grimes, Rachel Johnson, Taylor Johnson, and Chandler Kramer) placed 4th overall, 3rd overall in beef, 3rd overall in sheep, 13th overall in swine, and 4th overall in reasons! Other participants were: Cody DeWald, Justine Nelson, Erica Peterson, and Trevor Spath. Roger Bell coached both teams. There were 45 senior teams from across the state.



Lancaster County participants at Livestock Judging during the Premiere Animal Science Events (PASE).

### 4-H Produce Market on Saturdays

This summer, a 4-H produce market will open on Saturdays from 12–2 p.m. at the parking lot of Tractor Supply Company (TSC) located at 9000 Amber Hill Ct., Lincoln. If you are a 4-H member and have fresh produce to sell, contact Leia Noel at 435-0857 or Tracy Kulm at 441-7180 for more information.



## HORSE BITS

### County Fair 4-H Horse Judging Contest, July 24

The Lancaster County Super Fair 4-H Horse Judging Contest will be held on Saturday, July 24, 9 a.m. at the Salt Creek Wranglers Arena, 4300 S. Coddington Ave., Lincoln. Open to all 4-H'ers — need not be enrolled in a horse project. May enter day of contest. The horse judging contest may consist of four classes of four horses, two halter and two performance, to be judged by 4-H members in the elementary, junior, and senior age divisions. Top entry in each age division wins a belt buckle to be presented at Horse Awards night!

In the afternoon, there will be a family fun afternoon with wacky and fun horse games. 4-H'ers must participate in the judging to be able to take part in the family fun events. Parents, leaders — everyone can participate! Bring your horse, however, not all games will be done on a horse, so there will be opportunities for all! For more information, go to <http://lancaster.unl.edu/4h>.

### Horse Course Challenge, July 27

For a second year, the 4-H Horse Course Hippology Challenge will be a part of the Lancaster County Super Fair. The Challenge will be held Tuesday, July 27, 9 a.m.–Noon at the Lancaster Extension Education Center. There will be two age divisions, Elementary (ages 8–11) and Junior/Senior (12–19). All Lancaster County 4-H'ers are welcome and encouraged to participate! All test questions will come from the e-mail Horse Course. The testing will include identification stations and a written test. If you did not sign up for the e-mail course, but would like to participate in the challenge, e-mail [mcruickshank2@unl.edu](mailto:mcruickshank2@unl.edu) to have the lessons emailed to you. No preregister required. Premiums and ribbons will be awarded at the fair. Top 10 ribbon placings, Reserve and Grand Champion trophies will be awarded at 4-H Horse Awards Night.



## District Horse Results

A District 4-H Horse show was held in Lincoln at the Lancaster Event Center on June 10. Many Lancaster County 4-H'ers competed in the Lancaster County districts, and a few competed at the North Platte districts. Congratulations to all 4-H'ers who participated! Below are the Lancaster County purple ribbon, medal, and trophy winners. Complete results are online at <http://4h.unl.edu/disthorseshow>.

**Senior English Pleasure**  
Hannah Scow (Medal), Alyssa Heusinger, Becky Hutchins

**Junior English Pleasure**  
Katlin Luebbe, Bailee Peters, Mackenzie Wolfe

**Senior English Equitation**  
Danielle Hardesty (1st Medal), Ashley Densberger, Alyssa Heusinger, Ashley Wiegand

**Junior English Equitation**  
Vanessa Butterfield, Marissa Carlson, Katlin Luebbe, Bailee Peters, Hannah Ronnau, Bailee Sobotka

**Senior Western Pleasure**  
Chelsea Beach (Trophy @ North Platte), Brooke Preston, Hannah Sass

**Junior Western Pleasure**  
McKenzie Beach (Trophy @ North Platte), Ashley Anderson, Josie Ang, Bailey Peterson, Hannah Ronnau, Heather Welch

**Senior Western Horsemanship**  
Blake Preston (1st Medal), Hannah Sass (2nd Medal), Elise Edgar, Abbie Heusinger, Becky Hutchins, Brooke Preston, Kelsey Wolf

**Junior Western Horsemanship**  
McKenzie Beach (Trophy @ North Platte), Ashley Anderson, Josie Ang, Kylie Goering, Anna Heusinger, Sydney Scow

**Junior Reining**  
Bailey Vogler

**Senior Barrel Racing**  
Alexis Christen, Abbie Heusinger

**Junior Barrel Racing**  
Nicole Finkner (Trophy), McKenzie Beach



2010

**SUPER FAIR**

**LANCASTER COUNTY**  
**AUGUST 5-14**  
LANCASTER EVENT CENTER • LINCOLN  
**4-H & FFA EXHIBITS & EVENTS**  
**AUGUST 5-8**

The Lancaster County 4-H & FFA Fair Book has complete information about entering 4-H/FFA exhibits and contests. Fair Books are available at the extension office and online at <http://lancaster.unl.edu/4h/Fair>.

**NEW!**

**4-H & FFA Gate Admission** — 4-H/FFA families can get a free 4-H/FFA car pass from the extension office. A 4-H/FFA car pass is good for gate admission for all passengers in one vehicle each day Aug. 5-9. 4-H/FFA families are asked to enter Gate 3.

**General Public Gate Admission** — The general public can pick up gate admission tickets FREE at U-Stop convenience shops. A ticket is good for gate admission for one person on any day Aug. 5-14.

See the Lancaster County Super Fair Schedule & Map special section in this issue for complete schedule.

**4-H/FFA Dairy Goat Show Moved to Thursday, Aug. 5**

Due to a schedule conflict, the 4-H/FFA Dairy Goat Show/Costume Contest has been moved from Sunday, Aug. 8 at 8 a.m. to Thursday, Aug. 5 at 6:30 p.m. **This is a change from the Fair Book!** The Meat Goat Show has been canceled due to lack of entries.

**Livestock Clinics**

- 4-H/FFA is offering several livestock clinics:
- Sheep Fitting Clinic: Thursday, Aug. 5, 2-3 p.m.
  - Swine Fitting Clinic: Thursday, Aug. 5, 3-4 p.m.
  - Cattle Fitting Clinic: Thursday, Aug. 5, 4-5 p.m. (note time has changed from that previously published)
  - Dairy Clinic: Friday, Aug. 6, 10 a.m.

**4-H/FFA Livestock Auction – Buyers Needed**

It is with great excitement to announce the Lancaster County Livestock Booster Club has taken the leadership and organized a livestock auction for this year's fair. There will be a buyer meet and greet on Sunday, Aug. 8, 5 p.m. in the east arena of Pavilion 1 with the auction starting at 6 p.m. Buyers are asked to register at 4:45 p.m. Proceeds will fund 4-H and FFA member's future projects and career goals. A portion of all proceeds will be set aside to start a scholarship program for local 4-H and FFA members, and another portion will be used to pay additional premiums to breeding animals. To ensure this auction will be a success, we ask you to contact anyone you know who could be a potential buyer or donor and invite them to the auction. To obtain more information, call Scott Heinrich, Auction Committee Chair at 540-0597.

**Livestock Booster Club Holding Raffle**

4-H and FFA members will be selling raffle tickets to help build a base for the new county fair livestock auction. Raffle tickets will sell for \$5 each with the grand prizes being a Kawasaki ATV and a big screen TV. Contact a 4-H or FFA member or stop at the extension office to purchase tickets. Your support is greatly appreciated! Winners will be announced during the 4-H/FFA Livestock Auction on Sunday, Aug. 8, 6 p.m.

**Clarification for Special County Cupcake Decorating Theme**

The Fair Book description for Special County Exhibit "A Fair With Flare!" Cupcake Decorating also lists last year's fair theme. Please use this year's fair theme: "A Fair With Flare!"

**Volunteers Needed**

Adults *and* youth are needed to help during the Lancaster County Fair. If you can help, please contact the extension office at 441-7180. Help is especially needed in the following areas:

- **Static exhibit set-up days** on Thursday, July 29 at 6:30 p.m. (pizza will be served) and Saturday, July 31 at 8 a.m. (doughnuts will be served) in the Lincoln Room
- **During judging of static exhibits** on Wednesday, Aug. 4 in Lincoln Room
- **Teen tour guides are needed for Fair Fun Day** for child care groups on Friday, Aug. 6 at 9:30 a.m. and 1 p.m.
- **Shuttle drivers age 18 & up** are needed to drive golf carts to and from parking lots during the fair. Four hour shifts 1-5 p.m. and 5-9 p.m. Contact the Lancaster Event Center at 441-6545.

**Food Booth Training, July 29**

The 4-H food booth at the county fair is the primary fundraiser for Lancaster County 4-H Council. This year, the 4-H Corner Stop will be back at its former location in the Lincoln Room! 4-H Council asks clubs to help by staffing a 3-4 hour shift at the Clover Kitchen. See back page for more information. ALL food booth volunteers are STRONGLY ENCOURAGED to attend the training on Thursday, July 29, 6-7 p.m. at the Lancaster Event Center, Lincoln Room. Learn about food safety, customer service, and volunteer responsibilities.

**Style Revue Judging, July 28**  
**Public Style Revue, Aug. 5**

Style Revue judging will be Wednesday, July 28 starting at 8 a.m. The public Style Revue is Thursday, Aug. 5, at 7 p.m. (both revues will be held at the Lancaster Event Center, Exhibit Hall). A handout and entry forms are available at the extension office or online at <http://lancaster.unl.edu/4h/Fair>. Must submit entry forms by July 19.

**Premium Payouts Procedure**

No checks will be issued! No changes or corrections will be made on premium amounts after 14 days.

- **Static Exhibits and Contests:** Premium payouts for all static exhibits and contests held before and during the fair must be picked up on Monday, August 9, 7-11 a.m. in the Fair Board Office. With proper identification, parents, guardians, 4-H club leaders, FFA chapter advisors will also be permitted to pick up and sign for exhibitor premiums.
- **Animal Exhibitors** (except horse): All 4-H & FFA animal exhibitors will receive premium payouts as they exit the show arena.
- **Horse Exhibitors:** Premium payouts will be made to 4-H members, their parents or their 4-H leaders on Monday, Aug. 9, 10 a.m. in Pavilion 2. The entire 4-H club must have removed all bedding from each stall in order for premiums to be received. Signatures from all representatives receiving payments will be required.

**NEW!**

**Static Exhibit Check-In**  
**Tuesday, Aug. 3, 4-8 p.m.**

Static exhibits do not preregister, but **MUST** be physically checked in during Static Exhibit Check-in on Tuesday, Aug. 3 between 4-8 p.m. at the Lancaster Event Center, Lincoln Room. An adult — such as a club leader or parent(s) — should assist 4-H members in entering exhibits. All entry tags, additional information, recipe cards, data tags, etc. **MUST** be attached at this time.

**Interview Judging, Aug. 4**

Interview judging is Wednesday, Aug. 4 starting at 9 a.m. in the Lincoln Room. 4-H'ers have the opportunity to talk to judges about their fair exhibits and share their trials and lessons they learned. 4-H'ers also learn what the judge looks for and how to improve skills. 4-H'ers may interview judge ONE exhibit from each project area. Refer to page 15 of the Fair Book for project areas which have interview judging. Members, parents, or leaders can **call the extension office at 441-7180 to sign up members for a five-minute time slot — preregister between July 6 and 30.** If slots are still available, may sign up during Static Exhibit Check-in on Tuesday, Aug. 3, 4-8 p.m.

**Table Setting Contest, Aug. 6**

Table Setting Contest will be Friday, Aug. 6, 5 p.m. at Lancaster Event Center, Exhibit Hall. Open to all 4-H'ers ages 8-18. 4-H'ers use their creativity to plan a healthy menu, set a table, and present their table setting to a judge. A handout is available from the extension office or online at <http://lancaster.unl.edu/4h/Fair>. All participants are strongly encouraged to read the handout. Must preregister by July 26 by contacting the extension office (there is no entry form).

**Clover Kids Show & Tell, Aug. 8**

All Clover Kids, youth age 5-7 by Jan. 1, 2010, are invited to show & tell their 4-H exhibits at the Lancaster County Fair, Sunday, Aug. 8, starting at 1 p.m. Clover Kids Show & Tell is held in the Lincoln Room at the Lancaster Event Center. Youth are also invited to do a skit or song at this time. See page 10 of the Fair Book for more information. To register, call 441-7180 by July 30, or sign up at the static exhibit area Tuesday, Aug. 3, 4-8 p.m.



Get ready for fun at the 2010 Nebraska State Fair, Friday, Aug. 27 through Monday, Sept. 6 at Fonner Park in Grand Island! For a schedule of 4-H at the state fair and more, go to <http://4h.unl.edu/programs/statefair>

**Static Exhibits**

At the county fair, 4-H static exhibits will be selected for the Nebraska State Fair by the judges in the respective areas. A state fair sticker will be placed on all exhibits selected for state fair. 4-H members with qualifying static exhibits will receive information in the mail after county fair about entering at the State Fair.

**Animal Entries Due**  
**July 26**

4-H & FFA animal exhibitors ages 10-18 are eligible to participate at the Nebraska State Fair regardless of county fair placing. **State Fair 4-H & FFA animal entry forms are due to Lancaster County 4-H staff no later than Monday, July 26.** Note: this is an earlier deadline than what was published in last NEBLINE! Forms are available online and at the extension office. Registration fees must be included with entries.

**Join the Fun at the State Fair as a Volunteer!**

The Nebraska 4-H program is seeking volunteers to help with exhibit entry day, judging, and serving as 4-H exhibit building hosts and greeters. Volunteers will be needed for the new and expanded Fairport event, serving as the Lil' Green Mascot and assisting with all 4-H contests and events throughout the fair. State Fair 4-H volunteers will receive a fair pass for the day(s) they volunteer.

Volunteers can sign up by completing the 4-H Volunteer Interest Form available at the extension office, or online at <http://4h.unl.edu/>. A complete list of volunteer opportunities is available on the site. If you have questions about being a 4-H volunteer at the Nebraska State Fair, please contact D'Ette Scholtz, Hall County Extension Educator, at (308) 385-5088 or dscholtz2@unl.edu.



# Keep Kids’ Minds Active During Summer Months

New study shows kids lose knowledge gained during school year if they don’t keep learning.

Many Lancaster county families seek out 4-H hands-on educational opportunities to keep brains and bodies active during the summer months. Hundreds of 4-H’ers have learned science and math as they create rockets with volunteers such as Ron Suing. He has shared his passion for rockets with 4-H’ers for the past 30 years. Rocketry was one of the 51 classes which were offered recently at the Lancaster County 4-H Clover College (see page 1).

Summer educational experiences, such as those offered through 4-H are vital. Recent studies from the Johns Hopkins Center for Summer Learning demonstrated children may lose knowledge they gained during the school year over summer vacation.

“It’s called summer learning loss, and according to research, all young people experience it over the summer if they aren’t given opportunities to engage in learning or educational activities,” says Bridget Mouchon, Green County University of Wisconsin-Extension educator.

During summer vacation, students lose on average nearly three months of what they learned in math class, Mouchon says. The break in studies also contributes to the achievement gap in reading performance between children from lower and higher income households.

“Providing some educational activities during the summer break will help your children maintain their learning

skills while enjoying time off from the classroom,” says Mouchon.

The many 4-H projects which will be a part of the Lancaster County Super Fair create in-depth opportunities for learning and career development. 4-H curriculum is research-based and developed by land-grant universities throughout the nation.

In addition to involvement in 4-H, Mouchon offers the following suggestions for adults to keep kids on the path to learning over the summer.

- **Read together.** Work with your child to develop a summer reading list, and keep track of the books they read. Participate in your local library’s summer reading program and even have your child prepare book reports about their favorite books. Book reports engage writing and critical thinking skills. Read along with younger children and if your child is older, read the same book and then discuss it together.
- **Build math skills.** Many adults feel uncomfortable working with kids on math skills and concepts, especially with older children. One idea is to have kids engage in everyday math — cooking and baking, estimating gasoline costs (gallons x price per gallon), or planning how to spend within a budget. Another suggestion is to play board games like Payday and Yahtzee, or card games like rummy and Uno. These can bring the whole family together for fun, and the math is a part of the game. A Web site with summer math activities see *KIDS MINDS* on page 11

# Tips for a Fun and Educational Day at the Fair

Toward the end of the summer, parents, grandparents, and child care professionals appreciate no or low cost learning. The Lancaster County Super Fair, Aug. 5–14, will offer many free activities — see the special section in this NEBLINE for a complete schedule and map.

Here are a few tips to make your time with children enjoyable and educational at the Lancaster County Super Fair:

- ### General Safety
- Wear closed toed shoes such as tennis shoes. It makes the environment safer for you and your children.
  - Bring strollers and/or wagons as a way to keep infants and toddlers in constant sight.
  - Before arriving, apply sun block and insect repellent.
  - Drink lots of water.
  - Park close to the exhibits you plan to experience.
  - Identify a meeting spot in case you get separated.
- ### Attending Fairs: Precautions Visitors Should Take with Animals
- Animals have the right of way.
  - Do not approach animals from behind. They do kick.
  - Fast movements and loud noises may scare the animals.
  - Do not feed the animals.
  - Do not touch or pet animals, except at designated petting exhibits.
  - Wash your hands with water and soap after any direct contact with animals.
  - Supervise children younger than 5 years during hand washing and petting to make sure they don’t put their hands or

- other objects into their mouth or the animal’s mouth.
  - Avoid eating in animal exhibit areas.
- Adapted from: Attending Fairs: Safeguarding Your Health and Nebraska’s Livestock Industry, Rosie Nold, and David R. Smith. G1693*
- ### Educational Experiences
- Before the fair, check out books and videos about animals and plants from the Lincoln City Libraries.
  - Review the fair schedule prior to the fair and plan your trip during events which are of interest to your children. For example, if you have a pet cat, watching part of the cat show will be fun and educational for your children.
  - Create your own scavenger hunt or “can you find” game where children identify various animals and plants. Adapt it to the ages of the children. For example, younger children may identify the color of a cow and an older child may be able to identify different breeds.
  - When exploring the garden produce, talk about which are fruits and which are vegetables. Talk about how you prepare the food.
  - Identify five different flowers which are exhibited at the county fair. Explain the difference between annuals (planted each year) and perennials (come up year after year).
  - Provide a little bit of spending money and teach children how to budget their food and entertainment dollars. Help them count change.
- ### Creating Memories
- Take pictures along the way.
  - Since the admission is free, several short visits may work better than one extended visit.

## Learn About Animals at the Fair



### BEEF CATTLE

Male	Bull
Neutered male	Steer
Female before having a baby	Heifer
Female after being a mom	Cow
Baby	Calf

**Information**

- A cow is pregnant for 285 days.
- A baby calf weighs about 80 to 100 pounds when it is born.
- There are over 16 breeds of beef cattle.
- Cattle eat hay, corn, oats, and grass.
- The cows and calves stay in the pasture during the summer. They eat grass and the calves drink their mother’s milk.
- Calves quit drinking milk from their mother when they are about 6 months old.
- When beef cattle weigh about 1,200 pounds (1/2 ton), they will be “made” (processed) into meat.
- Cattle have four stomachs. This lets them swallow their food and then chew it (cud) again.

### DAIRY CATTLE



Male	Bull
Neutered male	Steer
Female before having a baby	Heifer
Female after being a mom	Cow
Baby	Calf
Orphaned baby without a mom	Bucket Calf

**Information**

- A cow is pregnant for 285 days.
- A baby calf weighs between 80 to 100 pounds when it is born.
- Bucket calves are taken care of and bottle fed by people.
- A cow produces approximately 1,000 gallons of milk each year.
- A cow produces milk only when she has given birth to a calf. One calf drinks about 2.5 to 3 gallons of milk a day. Dairy farmers separate a calf from its mother only one or two days after it is born. Then the calves are fed milk from a bottle for two or three months. The farmer begins to introduce hay and grain about one week later.
- The farmer is able to produce more milk than the calf needs by separating the

calf from the cow and feeding the cow plenty of food. A well fed dairy cow that is milked twice a day, can produce up to 6 gallons of milk per day.

- In the U.S., dairy cattle are divided into six major breeds. They are Holstein, Brown Swiss, Guernsey, Ayrshire, Jersey, and Milking Shorthorn.

### SWINE (PIGS) (HOGS)

Male	Boar
Neutered male	Barrow
Female before having a baby	Gilt
Female that is a mom	Sow
Baby	Piglet

**Information**

- Sows are pregnant for 114 days — that is 3 months + 3 weeks + 3 days.
- A sow usually has 8–12 piglets in a litter.
- A piglet weighs about 2 pounds at birth.
- In six months a hog gains around 240 pounds.
- Pork is the #1 meat eaten around the world. China is the largest producer of pork and the U.S. is the second largest.
- Sows and boars usually live 4 to 5 years. Some may live longer. In fact, some pigs have lived as long as 15 years!
- There are eight major breeds of hogs in the U.S. The four most common breeds at the county fair are the Hampshire, Spot, Duroc, and Yorkshire.

### SHEEP

Male	Buck
Neutered male	Wether
Female	Ewe
Baby	Lamb

**Information**

- Wool is the “fuzzy hair” on the sheep.
- The wool from one sheep is called fleece.
- One sheep produces 2 to 30 pounds of wool each year.
- When you shave the wool off of a lamb it is called shearing. All the lambs at the county fair are already sheared.
- Sheep are usually sheared once a year.
- Sheep mostly eat grass, clover, weeds, and other plants.
- A lamb weighs around 140 pounds at the county fair.
- Sheep are ruminant animals which mean they have four stomachs.
- In the U.S., most sheep don’t have horns.
- There are 35 breeds (different kinds) in the U.S. There are 914 different breeds in the world.

### GOATS

Male	Buck
Female	Doe
Baby	Kid

**Information**

- A doe usually has 2 kids each year.
- Favorite foods of goats are hay, grass, corn, and oats.
- Most dairy goats are good pets. They are very tame and can be led using a dog collar.
- On a world wide basis, more people drink goat’s milk more often than cow’s milk. Goat milk is very sweet. It is easy for your body to digest.

## Check Out These Resources at Lincoln Libraries

These books, videos, and more are available at most Lincoln City Libraries:

**BOOKS:**

- *Cows* by Sara Swan Miller (j636.214)
- *Cattle* by Ann Larkin Hansen (j636.2)
- *Clarabelle: Making Milk and So Much More* by Chris Peterson (j636.214)
- *Pig* by Jules Older (j636.4)
- *Pigs* by Gail Gibbons (j636.4)
- *Life on a Pig Farm* by Judy Wolfman (j636.4)
- *Sheep* by Sara Swan Miller (j636.3)
- *Woolly Sheep and Hungry Goats* by Allan Fowler (j636.3)
- *Goats* by Ann Larkin Hansen (j636.39)
- *Goats* by Sara Swan Miller (j636.39)
- *Llamas* by Dorothy Hinshaw Patent (j599.636)
- *Llamas* by Emilie U. Lepthien (j599.636)
- *Chickens* by Sara Swan Miller (j636.5)
- *Chickens* by Robin Nelson, (j635.5)
- *Chicks & Chickens* by Gail Gibbons (j636.5)
- *Rabbits, Rabbits, and more Rabbits!* by Gail Gibbons (j636.932)
- *Foal to Horse* by Jason Cooper (j636.1)
- *Best Book of Ponies* by Jackie Budd (j636.1)

**VIDEOS ON DVD:**

- *The Milk Makers* (DVDj), 30 minutes
- *Our Feathered Friends: Adventures on a Chicken Farm* (DVDj636.5), 28 minutes
- *Dance with the Animals* (DVDj793.3), 45 minutes
- *Paws, Claws, Feathers and Fins* (DVDj636.088), 30 minutes



# EXTENSION CALENDAR

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

## July

- 23 Pesticide Container Recycling Collection, Farmers Cooperative in Bennett, Co-op headquarters ..... 9 a.m.–12 noon**
- 24 4-H Horse Judging Contest, Salt Creek Wranglers Arena .....TBA**
- 26 4-H/FFA Animal Entry Forms for State Fair are Due to Extension**
- 27 4-H Horse Course Challenge, Lancaster Extension Education Center ....9 a.m.**
- 28 County Fair 4-H Style Revue Judging, Lancaster Event Center - Exhibit Hall**
- 29 County Fair Static Exhibit Set-up Day, Lancaster Event Center - Lincoln Room 6:30 p.m.**
- 29 4-H Food Booth Training, Lancaster Event Center - Lincoln Room .....6–7 p.m.**
- 31 County Fair Static Exhibit Set-up Day, Lancaster Event Center - Lincoln Room .....8 a.m.**

## August

- 2 4-H Horse Pre-Fair Briefing/Cleaning and Decorating Stalls, Lancaster Event Center - Pavilion 2 ..... 6–9:30 p.m.**
- 3 Entry Day for County Fair 4-H Static Exhibits, Lancaster Event Center - Lincoln Room .....4–8 p.m.**
- 5–14 Lancaster County Super Fair (4-H/FFA participation Aug. 5–8), Lancaster Event Center**
- 9 Ak-Sar-Ben 4-H Livestock Expo Entries Due**
- 17 Guardian/Conservator Training .....5:30–8:30 p.m.**
- Aug. 27–Sept. 6 Nebraska State Fair, Fonner Park in Grand Island**

## Kids Minds

continued from page 10

- geared to first- through fifth-graders is available through Minnesota Public Instruction at <http://www.bloomington.k12.mn.us/departments/curriculum/committees/SummerMathReviewPackets.htm>
- **Make your vacation or weekend trips educational.** Go to fairs, museums, take nature hikes, and look for fossils or wildlife; see a play at a community theatre; or go to a free community concert.
  - **Plan activities to keep your child learning and provide structure.** Register your child for swim lessons, music or dance, community sports leagues, and summer or day camp. Help kids stay on track socially and keep them physically and mentally active. Call your local city or village parks and recreation department to find out what programs are available in your area. You can also contact your school district to find out what it has scheduled for summer school and other learning opportunities.

Adapted from: Bridget Mouchon, University of Wisconsin Extension, (eXtension Parenting)

## 4-H Insect ID Contest

A new event for the Nebraska State Fair will be a 4-H Insect Identification Contest on Saturday, Aug. 28, 10:30 a.m. Participants must pre-register by contacting the extension office at 441-7180 by July 28. The list of insects as well as other information is online at <http://4h.unl.edu/pdf/2010Fairbook/InsectID2010-FNL.pdf>.

## 4-H'ers Focus on Safety in Bicycle Contest



The 2010 4-H Bicycle Safety Contest was held on June 26 at the Lancaster Extension Education Center. Part of the Lancaster County Super Fair, the contest consists of a bike inspection, bicycle riding skills, and a written quiz. Top winners were Anne Greff (senior champion), Antonio Hoover (senior reserve champion), Peter Greff (junior champion) and Michaela Hoover (junior reserve champion).

## 4-H Rabbit Club Community Service



In May, members of the Rabbits R Us 4-H Club visited the Lakeview Care Center in Firth. Members brought their rabbits to show to the residents. The club also presented Lakeview with flowers for use in their flower beds out front. Smiles were all around.

—Submitted by Mark Hunt

4-H members and volunteers can submit articles and photos for THE NEBLINE by emailing [lancaster@unl.edu](mailto:lancaster@unl.edu) or sending them to the extension office.

## Ak-Sar-Ben's 4-H Livestock Expo

The 83rd Ak-Sar-Ben 4-H Youth Livestock Exposition will be held Sept. 23–26 at the Qwest Center in Omaha. Categories of this 4-H only competition are dairy, feeder calf, breeding beef, market beef, market broilers, meat goats, market lamb, and market swine. Livestock exhibitors must be at least 10 years of age by Jan. 1. Please make sure to include all entry fees, chutes and parking fees. Ak-Sar-Ben will require 15-day health certificates for livestock. For more information, entry forms, and tentative schedule, go to [www.rivercityroundup.org](http://www.rivercityroundup.org).

### New Date, Location for Horse Show

The Ak-Sar-Ben 4-H Horse Show will be held Sept. 18–19 at the Lancaster Event Center

in Lincoln. You no longer have to qualify at a district show to go to Ak-Sar-Ben. To be eligible to exhibit, the 4-H member must be at least 12 years of age by Jan. 1 of the current year. 4-H'ers must have passed the horsemanship level II to enter the 400 and 500 classes except showmanship. Members may enter 600 classes if they have passed level III. A veterinarian health check is required within 15 days of the exhibition date. For complete information, go to <http://www.rivercityrodeo.com/stock-show/horses>.

### Ak-Sar-Ben Entries Due Aug. 9

Registrations are due to extension staff by Monday, Aug. 9 (may turn in at the Lancaster County Super Fair).

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EXTENSION

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

### University of Nebraska–Lincoln Extension in Lancaster County

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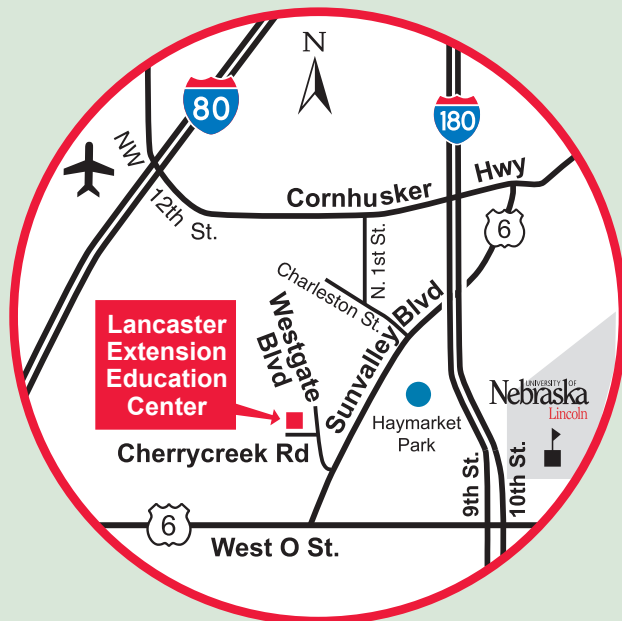
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Email: [lancaster@unl.edu](mailto:lancaster@unl.edu) • Fax: (402) 441-7148

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Lancaster Extension Education Center Conference Facilities  
444 Cherrycreek Road, Lincoln



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Maureen Burson  
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Don Janssen  
Barb Ogg  
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Sarah Bailey

## THE NEBLINE

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# 4-H's Learn Leadership, History on Trip to D.C.

**Deanna Karmazin**  
*UNL Extension Associate and  
CWF staff sponsor*

Citizenship Washington Focus (CWF) is a 4-H leadership program for high school youth from across the country. In Lancaster County, a group of 28 youth have been fundraising and meeting for two years in preparation for a 12 day trip to Washington D.C. June 9–21. It was an adventure of a lifetime!

The 4-H members had the opportunity to explore, develop, and refine the civic engagement skills they need to be outstanding leaders in their home communities and at the national level. Through sightseeing tours in the living classroom of Washington, D.C. and educational talks with Nebraska congressional representatives, youth learned about the history of our nation, the leaders who have shaped it, and how they can apply the leadership and citizenship skills they have learned when they return home.

The group started out in Chicago to see the Navy Pier and the Willis Building. They then traveled on to Ohio to see the Rock and Roll Hall of Fame followed by a three day stay in New York where they experienced the many cultures, sights and sounds of the city. The highlight

was seeing “The Addams Family” on Broadway. The group then traveled on to Valley Forge to get a first hand experience where George Washington led the forces. Philadelphia was the next stop where they saw the Liberty Bell, Christ’s Church, Betsy Ross House, and stood on the floors of Independence Hall where the Declaration of Independence was signed by our forefathers.

Washington D.C. was the next stop where the group spent four days touring all the national monuments, the Smithsonians and Mount Vernon. Most importantly the youth were able to spend time on Capitol Hill with our Nebraska representatives. The youth were able to hear what was going on with the economy, the deficit, and the oil spills. It was very neat to witness the interactions of the youth with their representatives. The highlight was attending the Nebraska breakfast and having Representative Jeff Fortenberry start his talk off by doing the 4-H Pledge.

After a busy four days in D.C., the youth were excited for a day of relaxation at Virginia Beach. The group then headed home, making stops at the Kentucky Derby and the St. Louis Gateway Arch.

The 2010 Lancaster County 4-H CWF Blog is at <http://deannacwf.blogspot.com/>.

## Five Youth Describe Their Experience

### Experience Like No Other

I got the pleasure of being able to be a part of this years CWF trip and it was an experience like no other. We saw many sites and got to experience what seemed like completely different cultures everywhere we went. I also made great friends on the trip. It was like within the first few days we all grew to be a family and loved being able to experience everything with each other that all of the cities had to offer. On the trip I learned so much about our nation’s history. What impacted me most on the trip were definitely all the war memorials. It makes you realize up close and personal how many lives were affected.

—Lexi Trumbley

### Great Opportunity to Learn

On this trip we had the great opportunity to learn more about our country’s history while meeting and having fun with new people. New York City was definitely our favorite destination because we got to experience the ethnic diversity such as visiting a Broadway musical, Times Square, the Empire State Building, Ellis Island, and the Statue of Liberty. This trip required you to be mature, safe, and responsible, but at the same time we had a blast.

—Saige and Sadie Hammond

### Unforgettable Time, Fantastic Trip

On the 4-H trip I enjoyed the Navy Pier in Chicago, the sea dog speed cruise was a fun start to an amazing trip. New York City was fast paced with extremely tall buildings and the sun bouncing off all the windows. The Broadway play was hilarious and to see New York City light up at night with all of the big signs made it one of my favorite stops. Washington D.C. was crazy trying to see everything, even though we were there for a long time we probably didn’t even cover a fourth of the history. That place is very educational. So many other stops we made, like Virginia Beach, turned the whole experience into an unforgettable time. The people and sponsors that went on the trip were a lot of fun and I met many new friends. All in all, this was a fantastic trip.

—Amy Keys

### I Saw Things I Had Only Read About

On the CWF trip I liked Virginia Beach the most. The biggest body of water I’d ever swum in before was Lake McConaughy. I loved the waves; especially near the shore because they were just breaking, so quite a few of them literally knocked me off my feet and dragged me across the sand. I also really loved Churchill Downs. We didn’t spend too much time there but I had read all of the Thoroughbred series books and they were about racing at Churchill Downs. It was incredible that I was able to actually see the things I had only read about. It was an awesome trip that I’m glad I was able to go on.

—Lisa Keys



Independence Hall in Philadelphia



Betsy Ross House in Philadelphia



Ellis Island in New York



Statue of Liberty gift shop in New York



National World War II Memorial in Washington D.C.



Meeting with Nebraska congressmen Ben Nelson (left) and Jeff Fortenberry (in back)



Memorial Amphitheater at Arlington National Cemetery in Virginia